

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aug 10	Aug 11	Aug 12	Aug 13	Aug 14	Aug 15	Aug 16
Senior Elite	4:00-5:20pm	4:00-5:00pm	6:00-7:15pm		4:00-5:20pm	8:30-10:00am	
Senior	5:30-6:20pm	6:15-7:15pm		6:15-7:15pm	5:30-6:20pm		
Pre Senior		5:20-6:00pm	5:10-5:50pm	5:20-6:00pm			
Junior**	4:00-4:50pm		6:00-7:00pm		4:00-4:50pm	8:30-9:30am	
Gold	6:30-7:15pm		4:00-5:00pm		6:30-7:15pm	10:10-10:50am	
Silver		4:30-5:10pm		4:30-5:10pm		11:00-11:30am	
Bronze 11-12		4:00-4:20pm		4:00-4:20pm		9:40-10:00am*	
Bronze 10U	5:00-5:20pm			4:50-5:10pm*	5:00-5:20pm		

* Bronze groups please notice your added day of practice.

** Junior Group is starting practice this week.

Please wear a mask!

Arrive 10-15 minutes before your practice begins to ensure enough time for "health check".

If you feel sick please don't come to practice until cleared to protect your teammates and coaches.

Wear your mask until you are given direction to get in the pool and as soon as you get out and dry off your face put it back on.

Keep one way traffic by entering through the side gate and exiting through the double gate.