

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aug 3	Aug 4	Aug 5	Aug 6	Aug 7	Aug 8	Aug 9
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			
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			
Bronze 10U	5:00-5:20pm				5:00-5:20pm		

**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.**