

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aug 31	Sep 1	Sep 2	Sep 3	Sep 4	Sep 5	Sep 6
Senior Elite	3:45-5:05pm	3:45-5:00pm		3:45-5:00pm	3:45-5:05pm	8:30-10:15am	
Senior	5:15-6:05pm	6:00-7:00pm		6:00-7:00pm	5:15-6:05pm		
Pre Senior		5:10-5:50pm	6:05-7:00pm	5:10-5:50pm			
Junior**	3:45-4:25pm		3:45-4:30pm		3:45-4:25pm	8:30-9:30am	
Gold	6:15-7:00pm		5:15-5:55pm		6:15-7:00pm	10:30-11:20am	
Silver		4:25-5:00pm	4:40-5:10pm	4:25-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:20pm	3:45-4:15pm		9:40-10:15am	
Bronze 10U	4:45-5:05pm		4:30-5:05pm		4:45-5:05pm		

Please wear a mask at all times to protect your Team!

Arrive 10-15 minutes before your practice begins to ensure enough time for "health check". If you suspect you will be late let your coach know. Understand that late means arriving less than 5 minutes before your practice time. If you arrive exactly at your practice time (the gate is shut and swimmers are diving/swimming in the pool) you will not be allowed in the facility and you will miss your practice regardless of messaging your coach.

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 your mask back on.

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