

	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.**