

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aug 17	Aug 18	Aug 19	Aug 20	Aug 21	Aug 22	Aug 23
Senior Elite	4:00-5:20pm	4:00-5:15pm		4:00-5:15pm	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		5:25-6:05pm	6:20-7:15pm	5:25-6:05pm			
Junior**	4:00-4:50pm		4:00-4:45pm		4:00-4:50pm	8:30-9:30am	
Gold	6:30-7:15pm		5:30-6:10pm		6:30-7:15pm	10:10-10:50am	
Silver		4:40-5:15pm	4:55-5:25pm	4:40-5:15pm		11:00-11:30am	
Bronze 11-12		4:00-4:30pm	4:00-4:35pm	4:00-4:30pm		9:40-10:00am	
Bronze 10U	5:00-5:20pm		4:45-5:20pm		5:00-5:20pm		

Please wear a mask to protect your Team!

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.