

|                    | Monday   | Tuesday                                 | Wednesday   | Thursday                                | Friday  | Saturday  | Sunday  |
|--------------------|--|---|---|---|---|---|---|
| COMPETITIVE        | October 27   | October 28                              | October 29  | October 30                              | October 31  | November 1  | N 2   |
| Senior Elite       | 5:00-5:30 pm yoga<br>5:30-7:30pm swim              | 5:00-5:50pm dryland<br>6:00-7:30pm swim | 5:30-7:00am swim<br>5:00-5:20pm meeting<br>5:30-7:30pm swim | 5:00-5:50pm dryland<br>6:00-7:30pm swim | Our Rising Tides,<br>Irvine Nova<br>No Practice, Happy<br>Halloween | Our Rising<br>Tides, Irvine<br>Nova<br>8:30-10:30am<br>swim | Our Rising<br>Tides, Irvine<br>Nova                   |
| Senior             | 6:30-6:55pm yoga<br>7:00-8:30pm swim               | 6:30-8:30pm swim                        | 5:30-7:00am swim<br>6:30-6:50pm dryland<br>7:00-8:30pm swim | 6:30-8:30pm swim                        | Our Rising Tides,<br>Irvine Nova<br>No Practice, Happy<br>Halloween | Our Rising<br>Tides, Irvine<br>Nova<br>BC Meet at TCC       | Our Rising<br>Tides, Irvine<br>Nova<br>BC Meet at TCC |
|                    |  |   |   |   |   |   |   |
|                    |  |   |   |   |   |   |   |
| Junior Elite       | 5:00-5:30pm yoga<br>5:30-7:00pm swim               | 5:30-5:50pm dryland<br>6:00-7:30pm swim |   | 5:30-5:50pm dryland<br>6:00-7:30pm swim | Our Rising Tides,<br>Irvine Nova<br>No Practice, Happy<br>Halloween | Our Rising<br>Tides, Irvine<br>Nova<br>BC Meet at TCC       | Our Rising<br>Tides, Irvine<br>Nova<br>BC Meet at TCC |
| Junior Advanced    | 4:30-6:00pm swim<br>6:05-6:30pm yoga               | 4:30-6:00pm swim                        | 4:00-4:20pm dryland<br>4:30-6:00pm swim                     | 4:30-6:00pm swim                        | No Practice, Happy<br>Halloween                                     | BC Meet at TCC  | BC Meet at TCC  |
| Junior Development | 4:30-5:30pm swim<br>5:35-6:00pm yoga               | 4:30-5:45pm swim                        | 4:00-4:20pm dryland<br>4:30-5:45pm swim                     |   | No Practice, Happy<br>Halloween                                     | BC Meet at TCC  | BC Meet at TCC  |
| Junior Mini        | 5:00-6:00pm swim<br>6:05-6:30pm yoga<br>(optional) | 5:30-5:50pm dryland<br>6:00-7:00pm swim | 6:00-7:00pm swim  | 5:30-5:50pm dryland<br>6:00-7:00pm swim | No Practice, Happy<br>Halloween                                     | BC Meet at TCC  | BC Meet at TCC  |