

Group/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday*
<b>Pre-Team</b> <i>Limited diving experience and not enough dives to compete in a meet - all ages</i>	6-6:45 pm PWHS	OFF	OFF	OFF	OFF	OFF	11:15-12 PWHS *Only when there is no diving meet
<b>Intermediate</b> <i>Has diving experience (ages 9 &amp; up)</i>	OFF	6:45-7:45 pm GPCC	OFF	6:45-7:45 GPCC	OFF	OFF	12-1 PWHS *Only when there is no diving meet
<b>Advanced</b> <i>Has diving experience (ages 12 &amp; older)</i>	6:45-8:00 PWHS	7:45-8:45 pm GPCC	OFF	7:45-8:45 GPCC	OFF	OFF	12-1 PWHS *Only when there is no diving meet

**\*Sunday diving practices begin on 10/15** and are held only on days when there are no Dive meets