

Practice Schedule

Greensboro Aquatic Center (GAC)						
Group/Day	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Rising STARS	4:30-5:00 - or- 5:00- 5:30 pm	4:30-5:00 - or- 5:00- 5:30 pm	4:30-5:00 -or- 5:00-5:30 pm	4:30-5:00 - or- 5:00-5:30 pm	N/A	N/A
Super Novas	4:30-5:30 pm	4:30-5:30 pm	4:30-5:30 pm (Yoga til 6:00)	4:30-5:30 pm	4:30-5:30 pm	9:30-10:30 am
Solar Flares	4:00-5:30 pm	4:00-5:30 pm	4:00-5:30 pm (Yoga til 6:00)	4:00-5:30 pm	4:00-5:30 pm	9:00-10:30 am
SwimFit	5:30-7:00 pm	5:30-7:00 pm	5:30-7:00 pm	5:30-7:00 pm	5:30-7:00 pm	N/A
Junior 1	5:30-7:30 am 5:30- 7:00 pm	5:30-7:30 am 5:30- 7:00 pm	5:30-7:30 am 5:30-7:00 pm	5:30-7:30 am 5:30-7:00 pm	5:30-7:30 am 5:30- 7:00 pm	8:00-10:00 am
Junior 2	5:30-7:30 am 5:30- 7:00 pm	5:30-7:30 am Parisi 6:30-7:30 pm	5:30-7:30 am 5:30-7:00 pm	5:30-7:30 am Parisi 5:30- 6:30 pm	5:30-7:30 am 5:30- 7:00 pm	8:00-10:00 am
Senior 1	5:30-7:30 am 5:30- 7:00 pm	5:30-7:30 am 5:30- 7:00 pm	5:30-7:30 am 5:30-7:00 pm	5:30-7:30 am 5:30-7:00 pm	5:30-7:30 am 5:30- 7:00 pm	8:00-10:00 am
Senior 2	5:30-7:30 am 5:30- 7:00 pm	5:30-7:30 am Parisi 6:30-7:30 pm	5:30-7:30 am 5:30-7:00 pm	5:30-7:30 am Parisi 5:30- 6:30 pm	5:30-7:30 am	8:00-10:00 am
Yoga will be on Wednesday from 5:00-5:30 Juniors & Up and from 5:30-6:00 for Super Novas & Solar Flares						

