

SENIOR PRACTICE SCHEDULE 7/1/19 - 9/16/19

AM WORKOUT

PM WORKOUT

YOGA
DRY LAND
COMMENTS

Monday	1-Jul	BAC 6:00 - 8:00 AM	OFF	DRY LAND 8:10 - 9:00am	
Tuesday	2-Jul	NPCP 6:15 - 8:00 AM	BAC 4:00 - 6:00pm		
Wednesday	3-Jul	BAC 6:00 - 8:00 AM	BAC 4:00 - 6:00pm	DRY LAND 8:10 - 9:00am	QUEBEC CUP @ OTTAWA, CANADA
Thursday	4-Jul	BAC 6:00 - 8:00 AM	OFF		QUEBEC CUP @ OTTAWA, CANADA
Friday	5-Jul	NPCP 6:15 - 8:00 AM	BAC 4:00 - 6:00pm		QUEBEC CUP @ OTTAWA, CANADA
Saturday	6-Jul	BAC 6:00 - 8:00 AM	OFF		QUEBEC CUP @ OTTAWA, CANADA
Sunday	7-Jul	OFF	OFF		QUEBEC CUP @ OTTAWA, CANADA
Monday	8-Jul	BAC 6:00 - 8:00 AM	OFF	DRY LAND 8:10 - 9:00am	
Tuesday	9-Jul	NPCP 6:15 - 8:00 AM	BAC 4:00 - 6:00pm		
Wednesday	10-Jul	BAC 6:00 - 8:00 AM	BAC 4:00 - 6:00pm	DRY LAND 8:10 - 9:00am	
Thursday	11-Jul	NPCP 6:15 - 8:00 AM	BAC 4:00 - 6:00pm		
Friday	12-Jul	NPCP 6:15 - 8:00 AM	OFF		
Saturday	13-Jul	BAC 5:30 - 7:00 AM	OFF		
Sunday	14-Jul	OFF	OFF		
Monday	15-Jul	BAC 6:30 - 8:00 AM	OFF	DRY LAND 8:10 - 9:00am	
Tuesday	16-Jul	BAC 6:30 - 8:00 AM	BAC 4:00 - 5:30pm		
Wednesday	17-Jul	BAC 6:30 - 8:00 AM	OFF		
Thursday	18-Jul	BAC 6:30 - 8:00 AM	OFF		
Friday	19-Jul	OFF	OFF		SUMMER CHAMPS @ BAC
Saturday	20-Jul	OFF	OFF		SUMMER CHAMPS @ BAC
Sunday	21-Jul	OFF	OFF		SUMMER CHAMPS @ BAC
Monday	22-Jul	BAC 6:30 - 8:00 AM	OFF		
Tuesday	23-Jul	BAC 6:30 - 8:00 AM	OFF		
Wednesday	24-Jul	BAC 6:30 - 8:00 AM	4:00 - 6:00pm		
Thursday	25-Jul	BAC 6:30 - 8:00 AM	OFF		
Friday	26-Jul	BAC 6:30 - 8:00 AM	OFF		
Saturday	27-Jul	BAC 6:30 - 8:00 AM	OFF		
Sunday	28-Jul	OFF	OFF		
Monday	29-Jul	BAC 6:30 - 8:00 AM	OFF		
Tuesday	30-Jul	BAC 6:30 - 8:00 AM	OFF		
Wednesday	31-Jul	BAC 6:30 - 8:00 AM	OFF	SNR ZONES @ BUFFALO	
Thursday	1-Aug	BAC 6:30 - 8:00 AM	OFF	SNR ZONES @ BUFFALO	
Friday	2-Aug	BAC 6:30 - 8:00 AM	OFF	SNR ZONES @ BUFFALO	
Saturday	3-Aug	BAC 6:30 - 8:00 AM	OFF	SNR ZONES @ BUFFALO	
Sunday	4-Aug	OFF	OFF	SNR ZONES @ BUFFALO	
Monday	5-Aug	BAC 6:30 - 8:00 AM	OFF	USA SWIMMING JNR NATIONALS	
Tuesday	6-Aug	BAC 6:30 - 8:00 AM	OFF	USA SWIMMING JNR NATIONALS	
Wednesday	7-Aug	OFF	OFF	USA SWIMMING JNR NATIONALS	AG ZONES @ RICHMOND VA
Thursday	8-Aug	OFF	OFF	USA SWIMMING JNR NATIONALS	AG ZONES @ RICHMOND VA
Friday	9-Aug	OFF	OFF	USA SWIMMING JNR NATIONALS	AG ZONES @ RICHMOND VA
Saturday	10-Aug	OFF	OFF	USA SWIMMING JNR NATIONALS	AG ZONES @ RICHMOND VA
Sunday	11-Aug	OFF	OFF	USA SWIMMING JNR NATIONALS	

7-Aug	SUMMER BREAK	SUMMER BREAK
to	SUMMER BREAK	SUMMER BREAK
3-Sep	SUMMER BREAK	SUMMER BREAK

Tuesday	4-Sep	NPCP 4:00 - 5:30PM
Wednesday	5-Sep	NPCP 4:00 - 5:30PM
Thursday	6-Sep	NPCP 4:00 - 5:30PM
Friday	7-Sep	OFF
Saturday	8-Sep	OFF
Sunday	9-Sep	OFF
Monday	10-Sep	3:45 - 5:30 pm
Tuesday	11-Sep	3:45 - 5:30 pm
Wednesday	12-Sep	3:45 - 5:30 pm
Thursday	13-Sep	3:45 - 5:30 pm
Friday	14-Sep	OFF
Saturday	15-Sep	OFF
Sunday	16-Sep	OFF