

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JUNIOR 2 - JUNIOR 1 PRACTICE SCHEDULE							COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		DOUBLES								
Wednesday	7-Aug	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK		SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
to		SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK		SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
Monday	2-Sep	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK		SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
Tuesday	3-Sep	NPCP 4:00 - 5:30PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Wednesday	4-Sep	NPCP 4:00 - 5:30PM	OFF	OFF	OFF			OFF	OFF	OFF
Thursday	5-Sep	NPCP 4:00 - 5:30PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Friday	6-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Saturday	7-Sep	OFF	OFF	OFF	OFF	MR OPEN WATER CHAMPS		OFF	OFF	OFF
Sunday	8-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	9-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Tuesday	10-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Wednesday	11-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Thursday	12-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	13-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Saturday	14-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Sunday	15-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	16-Sep	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	17-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Wednesday	18-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Thursday	19-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	20-Sep	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Saturday	21-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Sunday	22-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	23-Sep	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	24-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm	
Wednesday	25-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM	YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm	
Thursday	26-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		OFF	OFF	OFF	
Friday	27-Sep	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm	
Saturday	28-Sep	OFF	OFF	OFF	OFF		OFF	OFF	OFF	
Sunday	29-Sep	OFF	OFF	OFF	OFF		OFF	OFF	OFF	
Monday	30-Sep	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		OFF	OFF	OFF	
Tuesday	1-Oct	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm	
Wednesday	2-Oct	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM	YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm	
Thursday	3-Oct	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		OFF	OFF	OFF	
Friday	4-Oct	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm	
Saturday	5-Oct	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		OFF	OFF	OFF	
Sunday	6-Oct	OFF	OFF	OFF	OFF		OFF	OFF	OFF	
Monday	7-Oct	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		OFF	OFF	OFF	
Tuesday	8-Oct	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm	
Wednesday	9-Oct	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		OFF	OFF	OFF	
Thursday	10-Oct	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		OFF	OFF	OFF	
Friday	11-Oct	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm	
Saturday	12-Oct	7:00 - 9:00AM	OFF	8:00 - 9:30AM	8:00 - 9:30AM		OFF	OFF	OFF	
Sunday	13-Oct	OFF	OFF	OFF	OFF		OFF	OFF	OFF	

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JUNIOR 2 - JUNIOR 1 PRACTICE SCHEDULE							COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
			DOUBLES							
Monday	14-Oct	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	15-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	16-Oct	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	17-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	18-Oct	3:45 – 5:15PM	OFF	3:45 – 5:30PM	5:00 - 6:00PM			OFF	OFF	OFF
Saturday	19-Oct	OFF	OFF	OFF	OFF	CHAPPY'S @ LIAC		OFF	OFF	OFF
Sunday	20-Oct	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	21-Oct	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	22-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	23-Oct	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	24-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	25-Oct	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	26-Oct	7:00 - 9:00AM	OFF	8:00 - 9:30AM	8:00 - 9:30AM			OFF	OFF	OFF
Sunday	27-Oct	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	28-Oct	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	29-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	30-Oct	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	31-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	3:45 – 5:30PM	HALLOWEEN WORKOUT		OFF	OFF	OFF
Friday	1-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	2-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	3-Nov	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	4-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	5-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	6-Nov	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	7-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	8-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	9-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	10-Nov	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	11-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	12-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	13-Nov	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	14-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	15-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	Optional 6:15-6:55pm	OFF	OFF
Saturday	16-Nov	OFF	OFF	OFF	OFF	TREASURE ISLAND @ BAC		OFF	OFF	OFF
Sunday	17-Nov	OFF	OFF	OFF	OFF	TREASURE ISLAND @ BAC		OFF	OFF	OFF
Monday	18-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	19-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	20-Nov	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	21-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	22-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	23-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	24-Nov	OFF	OFF	OFF	OFF			OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JUNIOR 2 - JUNIOR 1 PRACTICE SCHEDULE							COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		DOUBLES								
Monday	25-Nov	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Tuesday	26-Nov	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	27-Nov	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	28-Nov	7:00 - 9:00AM	OFF	OFF	OFF			OFF	OFF	OFF
Friday	29-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Saturday	30-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Sunday	1-Dec	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	2-Dec	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 7:00PM			OFF	OFF	OFF
Tuesday	3-Dec	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 7:00PM			OFF	OFF	OFF
Wednesday	4-Dec	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Thursday	5-Dec	OFF	OFF	OFF	OFF	STAR INVITE @ BUFFALO		OFF	OFF	OFF
Friday	6-Dec	OFF	OFF	OFF	OFF	STAR INVITE @ BUFFALO		OFF	OFF	OFF
Saturday	7-Dec	OFF	OFF	OFF	OFF	STAR INVITE @ BUFFALO		OFF	OFF	OFF
Sunday	8-Dec	OFF	OFF	OFF	OFF	STAR INVITE @ BUFFALO		OFF	OFF	OFF
Monday	9-Dec	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Tuesday	10-Dec	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	11-Dec	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	12-Dec	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	13-Dec	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	14-Dec	7:00 - 8:45AM	OFF	7:00 - 8:15AM	7:00 - 8:15AM			OFF	OFF	OFF
Sunday	15-Dec	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	16-Dec	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	17-Dec	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	18-Dec	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	19-Dec	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	20-Dec	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	21-Dec	7:00 - 9:00AM	SNR ONLY 4-6PM	9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Sunday	22-Dec	7:00 - 9:00AM	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Monday	23-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Tuesday	24-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Wednesday	25-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Thursday	26-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Friday	27-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Saturday	28-Dec	4:00 – 6:00PM	OFF	4:00 - 6:00PM	4:00 - 6:00PM			OFF	OFF	OFF
Sunday	29-Dec	7:00 - 9:00AM	SNR ONLY 4-6PM	9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Monday	30-Dec	7:00 - 9:00AM	SNR ONLY 4-6PM	9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Tuesday	31-Dec	7:00 - 9:00AM	SNR ONLY 4-6PM	9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Wednesday	1-Jan	OFF	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Thursday	2-Jan	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	3-Jan	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	4-Jan	7:00 - 9:00AM	5:30 - 6:45AM	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	5-Jan	OFF	OFF	OFF	OFF			OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JUNIOR 2 - JUNIOR 1 PRACTICE SCHEDULE							COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		DOUBLES								
Monday	6-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	7-Jan	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		DL	Optional 6:15-6:55pm	OFF	OFF
Wednesday	8-Jan	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 7:00PM			OFF	OFF	OFF
Thursday	9-Jan	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Friday	10-Jan	OFF	OFF	OFF	OFF	SPEEDO INVITE @ TBA		OFF	OFF	OFF
Saturday	11-Jan	OFF	OFF	OFF	OFF	SPEEDO INVITE @ TBA		OFF	OFF	OFF
Sunday	12-Jan	OFF	OFF	OFF	OFF	SPEEDO INVITE @ TBA		OFF	OFF	OFF
Monday	13-Jan	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Tuesday	14-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	15-Jan	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	16-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	17-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	18-Jan	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	19-Jan	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	20-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	21-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	22-Jan	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	23-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	24-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	OFF	OFF
Saturday	25-Jan	7:00 - 8:30AM	OFF	OFF	OFF	PRO BOWL @ BAC		OFF	OFF	OFF
Sunday	26-Jan	OFF	OFF	OFF	OFF	PRO BOWL @ BAC		OFF	OFF	OFF
Monday	27-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	28-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	29-Jan	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	30-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	31-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	1-Feb	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	2-Feb	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	3-Feb	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	4-Feb	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	5-Feb	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	6-Feb	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	7-Feb	3:45 - 5:00PM	OFF	3:45 - 5:00PM	3:45 - 5:00PM		DL	Optional 6:15-6:55pm	OFF	OFF
Saturday	8-Feb	OFF	OFF	OFF	OFF	JW SWEETHEART @ GCIT		OFF	OFF	OFF
Sunday	9-Feb	OFF	OFF	OFF	OFF	JW SWEETHEART @ GCIT		OFF	OFF	OFF
Monday	10-Feb	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	11-Feb	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	12-Feb	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	13-Feb	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	14-Feb	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	15-Feb	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	16-Feb	OFF	OFF	OFF	OFF			OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JUNIOR 2 - JUNIOR 1 PRACTICE SCHEDULE							COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		DOUBLES								
Monday	17-Feb	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	18-Feb	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	19-Feb	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	20-Feb	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	21-Feb	3:45 – 6:15PM	OFF	OFF	OFF	SALMON RUN @ BAC	DL	6:15-6:55pm	OFF	OFF
Saturday	22-Feb	6:00 - 7:30AM	OFF	6:00 - 7:00AM	OFF	NJS 12 & U SB CHAMPS		OFF	OFF	OFF
Sunday	23-Feb	OFF	OFF	OFF	OFF	NJS 12 & U SB CHAMPS		OFF	OFF	OFF
Monday	24-Feb	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	25-Feb	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	26-Feb	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	27-Feb	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	28-Feb	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	29-Feb	6:00 - 7:30AM	OFF	6:00 - 7:00AM	6:00 - 7:00AM	NJS 13 & O SB CHAMPS		OFF	OFF	OFF
Sunday	1-Mar	OFF	OFF	OFF	OFF	NJS 13 & O SB CHAMPS		OFF	OFF	OFF
Monday	2-Mar	3:45 – 6:15PM	5:30 - 6:45AM	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	3-Mar	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	4-Mar	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	5-Mar	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	6-Mar	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	7-Mar	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	8-Mar	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	9-Mar	OFF	OFF	OFF	OFF	MONDAY MAYHEM @ BAC		OFF	OFF	OFF
Tuesday	10-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM		DL	Optional 6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	11-Mar	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Thursday	12-Mar	OFF	OFF	OFF	OFF	NJS SENIOR CHAMPS @ BAC		OFF	OFF	OFF
Friday	13-Mar	OFF	OFF	OFF	OFF	NJS SENIOR CHAMPS @ BAC		OFF	OFF	OFF
Saturday	14-Mar	OFF	OFF	OFF	OFF	NJS SENIOR CHAMPS @ BAC		OFF	OFF	OFF
Sunday	15-Mar	OFF	OFF	OFF	OFF	NJS SENIOR CHAMPS @ BAC		OFF	OFF	OFF
Monday	16-Mar	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	17-Mar	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Wednesday	18-Mar	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Thursday	19-Mar	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	20-Mar	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Saturday	21-Mar	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Sunday	22-Mar	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	23-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM			OFF	OFF	OFF
Tuesday	24-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM			OFF	OFF	OFF
Wednesday	25-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM	SECTIONALS - TENTATIVE		OFF	OFF	OFF
Thursday	26-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM	SECTIONALS - TENTATIVE		OFF	OFF	OFF
Friday	27-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM	SECTIONALS - TENTATIVE		OFF	OFF	OFF
Saturday	28-Mar	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	SECTIONALS - TENTATIVE		OFF	OFF	OFF
Sunday	29-Mar	OFF	OFF	OFF	OFF	SECTIONALS - TENTATIVE		OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JUNIOR 2 - JUNIOR 1 PRACTICE SCHEDULE							COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
			DOUBLES							
Monday	30-Mar	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM			OFF	OFF	OFF
Tuesday	31-Mar	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM		DL	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Wednesday	1-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM	SENIORS	YOGA	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Thursday	2-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM	MAY		OFF	OFF	OFF
Friday	3-Apr	OFF	OFF	OFF	OFF	TAKE		OFF	OFF	OFF
Saturday	4-Apr	OFF	OFF	OFF	OFF	ANY		OFF	OFF	OFF
Sunday	5-Apr	OFF	OFF	OFF	OFF	FOUR		OFF	OFF	OFF
Monday	6-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM	WORKOUTS		OFF	OFF	OFF
Tuesday	7-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM	OFF	DL	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Wednesday	8-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM	BETWEEN	YOGA	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Thursday	9-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM	3/30/2019		OFF	OFF	OFF
Friday	10-Apr	OFF	OFF	OFF	OFF	AND		OFF	OFF	OFF
Saturday	11-Apr	OFF	OFF	OFF	OFF	4/16/2019		OFF	OFF	OFF
Sunday	12-Apr	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	13-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM			OFF	OFF	OFF
Tuesday	14-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM		DL	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Wednesday	15-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM		YOGA	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Thursday	16-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM			OFF	OFF	OFF
Friday	17-Apr	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Saturday	18-Apr	OFF	OFF	OFF	OFF	APRIL PLUNGE @ BAC		OFF	OFF	OFF
Sunday	19-Apr	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	20-Apr	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	21-Apr	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	22-Apr	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	23-Apr	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	24-Apr	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	25-Apr	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	26-Apr	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	27-Apr	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	28-Apr	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	29-Apr	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	30-Apr	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	1-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	2-May	OFF	OFF	OFF	OFF	SPRING INVITE @ BAC		OFF	OFF	OFF
Sunday	3-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	4-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	5-May	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	6-May	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	7-May	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	8-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	9-May	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	10-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JUNIOR 2 - JUNIOR 1 PRACTICE SCHEDULE							COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
			DOUBLES							
Monday	11-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	12-May	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	13-May	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	14-May	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	15-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	16-May	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	17-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	18-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	19-May	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	20-May	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	21-May	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Friday	22-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Saturday	23-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Sunday	24-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	25-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	26-May	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	27-May	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	28-May	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	29-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	30-May	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	31-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF

