

SENIOR PRACTICE SCHEDULE 4/29/19 - 6/30/19

AM WORKOUT

PM WORKOUT

YOGA
DRY LAND
COMMENTS

Day	Date	AM WORKOUT	PM WORKOUT	YOGA	DRY LAND	COMMENTS
Monday	29-Apr	BAC	OFF	3:45 – 6:15 pm		
Tuesday	30-Apr	BAC	5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm	
Wednesday	1-May	BAC	OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm	
Thursday	2-May	BAC	5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm	
Friday	3-May	BAC	OFF	3:45 – 6:15 pm		
Saturday	4-May	SPRING INVITATIONAL MEET @ BAC		OFF		
Sunday	5-May		OFF	OFF		OPEN WATER NATIONALS @ MIAMI OPEN WATER NATIONALS @ MIAMI OPEN WATER NATIONALS @ MIAMI
Monday	6-May	BAC	OFF	3:45 – 6:15 pm		
Tuesday	7-May	BAC	5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm	
Wednesday	8-May	BAC	OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm	
Thursday	9-May	BAC	5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm	
Friday	10-May	BAC	OFF	3:45 – 6:15 pm		
Saturday	11-May	BAC	8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am	
Sunday	12-May		OFF	OFF		
Monday	13-May	BAC	OFF	3:45 – 6:15 pm		
Tuesday	14-May	BAC	5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm	
Wednesday	15-May	BAC	OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm	
Thursday	16-May	BAC	5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm	
Friday	17-May	BAC	OFF	3:45 – 6:15 pm		
Saturday	18-May	BAC	8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am	
Sunday	19-May		OFF	OFF		
Monday	20-May	BAC	OFF	3:45 – 6:15 pm		
Tuesday	21-May	BAC	5:30 - 6:45 AM	3:45 – 5:55 pm		
Wednesday	22-May	BAC	OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm	
Thursday	23-May	BAC	5:30 - 6:45 AM	3:45 – 6:15 pm		
Friday	24-May		OFF	OFF		
Saturday	25-May		OFF	OFF		MEMORIAL DAY MEET @ BAC
Sunday	26-May		OFF	OFF		MEMORIAL DAY MEET @ BAC
Monday	27-May	MEMORIAL DAY		OFF		MEMORIAL DAY MEET @ BAC
Tuesday	28-May		5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm	
Wednesday	29-May		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm	
Thursday	30-May		5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm	
Friday	31-May		OFF	3:45 – 6:15 pm		
Saturday	1-Jun		8:00 - 10:00 AM	OFF		BAC Picnic & Jim Wood Celebration of Life
Sunday	2-Jun		OFF			
Monday	3-Jun		OFF	BAC 3:45 – 6:15 pm		
Tuesday	4-Jun		5:30 - 6:45 AM	NPCP 3:45 – 5:45 pm	DRY LAND 6:05 - 6:50 pm	
Wednesday	5-Jun		OFF	BAC 3:45 – 5:45 pm	YOGA 6:10 - 7:00 pm	
Thursday	6-Jun		5:30 - 6:45 AM	NPCP 3:45 – 5:45 pm	DRY LAND 6:05 - 6:50 pm	
Friday	7-Jun		OFF	NPCP 3:45 – 5:45 pm		
Saturday	8-Jun		OFF	OFF		
Sunday	9-Jun		OFF	OFF		LIAC SUMMER CLASSIC @ LONG ISLAND
Monday	10-Jun		5:30 - 6:45 AM	BAC 3:45 – 6:15 pm		
Tuesday	11-Jun		OFF	NPCP 3:45 – 5:45 pm	DRY LAND 6:05 - 6:50 pm	
Wednesday	12-Jun		5:30 - 6:45 AM	BAC 3:45 – 5:45 pm	YOGA 6:10 - 7:00 pm	
Thursday	13-Jun		OFF	NPCP 3:45 – 5:45 pm	DRY LAND 6:05 - 6:50 pm	
Friday	14-Jun		OFF	NPCP 3:45 – 5:45 pm		
Saturday	15-Jun		8:00 - 10:00 AM	OFF		SEAWORLD SOLSTICE @ ORLANDO, FL SEAWORLD SOLSTICE @ ORLANDO, FL SEAWORLD SOLSTICE @ ORLANDO, FL SEAWORLD SOLSTICE @ ORLANDO, FL SEAWORLD SOLSTICE @ ORLANDO, FL
Sunday	16-Jun		OFF	OFF		
Monday	17-Jun		OFF	BAC 3:45 – 6:15 pm		
Tuesday	18-Jun		5:30 - 6:45 AM	NPCP 3:45 – 5:45 pm	DRY LAND 6:05 - 6:50 pm	
Wednesday	19-Jun		OFF	BAC 3:45 – 5:45 pm	YOGA 6:10 - 7:00 pm	
Thursday	20-Jun		5:30 - 6:45 AM	NPCP 3:45 – 5:45 pm	DRY LAND 6:05 - 6:50 pm	
Friday	21-Jun		OFF	NPCP 3:45 – 5:45 pm		
Saturday	22-Jun		8:00 - 10:00 AM	OFF		
Sunday	23-Jun		OFF	OFF		
Monday	24-Jun		BAC 6:00 - 8:00 AM	OFF	DRY LAND 8:10 - 9:00am	
Tuesday	25-Jun		NPCP 6:15 - 8:00 AM	BAC 4:00 - 6:00pm		
Wednesday	26-Jun		BAC 6:00 - 8:00 AM	BAC 4:00 - 6:00pm	DRY LAND 8:10 - 9:00am	
Thursday	27-Jun		NPCP 6:15 - 8:00 AM	BAC 4:00 - 6:00pm		
Friday	28-Jun		NPCP 6:15 - 8:00 AM	BAC 4:00 - 6:00pm		
Saturday	29-Jun		BAC 6:00 - 8:00 AM	OFF		
Sunday	30-Jun		OFF	OFF		