

2024-25 ABLY October-March Practice Schedule



Begins Monday, September 30

*does not include dryland time

GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior I	<i>(deep)</i> 5:15 - 6:45 am 3:45 - 6 pm	<i>(shallow)</i> 3:45 - 6 pm	<i>(deep)</i> 5:15 - 6:45 am 3:45 - 6 pm	<i>(shallow)</i> 3:45 - 6 pm	<i>(deep)</i> 5:15 - 6:45 am 3:45 - 5:45 pm	<i>(deep)</i> 8 - 10:15 am	OFF
Senior II	<i>(shallow)</i> 3:45 - 5:45 pm	<i>(deep)</i> 3:30 - 5:30 pm	<i>(shallow)</i> 3:45 - 5:45 pm	<i>(deep)</i> 3:45 - 5:45 pm	<i>(shallow)</i> 3:45 - 5:45 pm	<i>(shallow)</i> 8 - 10 am	OFF
Pre-Senior	<i>(deep)</i> 6 - 7:45 pm	<i>(shallow)</i> 6 - 7:45 pm	<i>(deep)</i> 6 - 7:30 pm	<i>(shallow)</i> 6 - 7:45 pm	OFF	<i>(deep)</i> 10:15 am - 12 pm	OFF
Silver (11-12)	<i>(shallow)</i> 6 - 7:30 pm	<i>(deep)</i> 5:30 - 7 pm	OFF	<i>(deep)</i> 6 - 7:30 pm	<i>(shallow)</i> 5:45 - 7:15 pm	<i>(shallow)</i> 10 - 11:45 am	OFF
Bronze (9-10)	OFF	7 - 8:15 pm <i>(deep)</i>	6 - 7:30 pm <i>(deep)</i>	OFF	5:45 - 7 pm <i>(shallow)</i>	11:45 am - 1:15 pm <i>(deep)</i>	OFF
Cuda (8 & Under)	7 - 8 pm <i>(Indoor)</i>	OFF	7 - 8 pm <i>(Indoor)</i>	OFF	6 - 7 pm <i>(Indoor)</i>	OFF	OFF
Cuda II	OFF	6:15 - 7 pm <i>(Dome)</i>	OFF	OFF	7 - 8 pm <i>(Indoor)</i>	1:15 - 2 pm <i>(Dome)</i>	OFF
Masters	5:45 - 7 am	7:30 - 8:30 pm	5:45 - 7 am	7:30 - 8:45 pm	5:45 - 7 am	7 - 8 am	OFF