

Principia	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<i>recommended practices</i>	<i>no more than</i>
Prep	off	6:00-7:00 pm 10 and over	6:00-7:00 pm 9 and under	off	6:00-7:00 pm 9 and under / 7:00-8:00 pm 10 and over	off	off	2	2
AG1	6:00-7:00 pm	off	6:00-7:00 pm	7:30-8:30 pm	off	off	@ Pattonville 10:00-11:00 am	3	3
AG2	5:45-6:00 pm dryland / 6:00-7:15 pm swim	7:30-8:45 pm	7:30-8:45 pm	off	6:00-6:15 pm dryland / 6:15-7:30 pm swim	off	@ Pattonville 10:45 am - 12:00 pm	3-4	5
AG3	6:45-7:00 pm dryland / 7:00-8:30 pm swim	6:00-7:30 pm swim	7:30-8:45 pm swim	5:45-6:00 pm dryland / 6:00-7:30 pm swim	6:00-7:30 pm	off	@ Pattonville 10:00-11:30 am	4	5
Select	5:45-6:00 pm dryland / 6:00-7:30 pm swim	6:45-7:10 pm dryland / 7:15-8:45 pm swim	6:30-7:00 pm dryland / 7:00-8:30 pm swim	5:45-6:00 pm dryland / 6:00-7:30 pm swim	5:00-6:30 am @ Lindbergh OR @ Pattonville 5:30-7:00 pm	@ Pattonville 7:00-9:00 am	@ Pattonville 8:00-9:45 am	5	6
Senior 1	7:15-7:30 pm dryland / 7:30-8:45 pm swim	5:45-6:00 pm dryland / 6:00-7:30 pm swim	6:00-6:15 pm dryland / 6:15-7:30 pm swim	7:15-7:30 pm dryland / 7:30-8:45 pm swim	@ Pattonville 5:30-7:00 pm	@ Pattonville 7:00-9:00 am	off	4-5	5