

Rose Bowl Aquatics

2023-24 PRACTICE SCHEDULE (August 28, 2023 - March 30, 2024)

Practice times subject to change

SENIOR DIVISION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL	AM	OFF	OFF	Swim 5:15-7:00am	200- Group Only Swim 5:15-7:00am	200+ Group Only Swim 5:15-7:00am	Swim 5:45-8:00am Dryland 8:00-9:00am
	PM	Swim 3:15-5:30pm Dryland 5:30-6:30pm	Swim 3:15-5:30pm	Swim 3:15-5:00pm Yoga 5:00-5:30pm	200+ Group Only Swim 3:15-5:00pm Dryland 5:00-6:00pm	200- Group Only Swim 3:15-5:00pm Dryland 5:00-6:00pm	
SENIOR 3	AM	OFF	Swim 5:15-7:00am	OFF	200- Group Only Swim 5:15-7:00am	200+ Group Only Swim 5:15-7:00am	Swim 7:15-9:30am Dryland 9:30-10:30am
	PM	Swim 3:15-5:00pm	Dryland 3:45-4:45pm Swim 4:45-6:00pm	Swim 3:15-5:30pm	200+ Group Only Swim 3:15-5:00pm Dryland 5:00-6:00pm	200- Group Only Swim 3:15-5:00pm Dryland 5:00-6:00pm	
SENIOR 2	AM	Swim 5:15-7:00am	OFF	OFF	OFF	OFF	Dryland 7:00-8:00am Swim 8:00-9:30am
	PM	OFF	Swim 3:15-5:00pm Dryland 5:00-6:00pm	Dryland 4:00-5:00pm Swim 5:00-6:00pm	Swim 4:45-7:00pm	Swim 4:45-7:00pm	
SENIOR 1		Dryland 5:00-6:00pm Swim 6:00-7:00pm	Dryland 4:00-5:00 Swim 5:00-6:00pm	OFF	Swim 5:15-7:00pm	Dryland 3:30-4:30pm Swim 4:30-6:00pm	OFF
13-14 DIVISION							
13-14 GOLD	AM	Swim 5:15-7:00am	OFF	OFF	OFF	OFF	Dryland 8:30-9:30am Swim 9:30-11:00am
	PM	OFF	Dryland 4:45-5:30pm Swim 5:30-7:00pm	Swim 5:15-7:00pm	Dryland 4:45-5:45pm Swim 5:45-7:00pm	Swim 4:45-7:00pm	
13-14 SILVER	AM	OFF	Swim 5:15-7:00am	OFF	OFF	OFF	Dryland 8:30-9:30am Swim 9:30-11:00am
	PM	Dryland 4:15-5:00 Swim 5:00-6:00pm	OFF	Swim 5:45-7:00pm	Swim 3:15-4:45pm	Swim 3:15-4:45pm Dryland 4:45-5:30pm	
13-14 BRONZE		Swim 5:30-7:00pm	Dryland 5:15-6:00pm Swim 6:00-7:00pm	Swim 3:15-4:30pm Dryland 4:30-5:15pm	OFF	Swim 5:00-7:00pm	Swim 11:00-12:30pm
11-12 DIVISION							
11-12 GOLD		Dryland 5:00-5:30pm Swim 5:30-7:00pm	Swim 5:15-7:00pm	Swim 5:45-7:00pm	Swim 4:30-6:00pm	Dryland 5:15-6:00pm Swim 6:00-7:00pm	Swim 9:15-11:00am Dryland 11:00-11:45am
11-12 SILVER		Dryland 4:00-4:30pm Swim 4:30-5:45pm	Swim 3:15-4:45pm	Dryland 5:15-6:00pm Swim 6:00-7:00pm	Swim 3:15-4:45pm	OFF	Dryland 8:30-9:15am Swim 9:15-11:00am
11-12 BRONZE		Dryland 5:00-5:30pm Swim 5:30-7:00pm	Dryland 5:15-6:00pm Swim 6:00-7:00pm	Swim 4:45-6:00pm	Dryland 4:00-4:45pm Swim 4:45-5:45pm	OFF	OFF
10&U DIVISION							
10&U GOLD		Swim 3:15-4:30pm	Swim 3:15-4:30pm Dryland 4:30-5:00pm	Swim 4:30-6:00pm	Swim 5:45-7:00pm	Swim 3:15-4:30pm Dryland 4:30-5:00pm	Dryland 7:45-8:15am Swim 8:15-9:30am
10&U SILVER		Swim 3:15-4:30pm Dryland 4:30-5:00pm	OFF	Swim 3:15-4:30pm	Swim 3:15-4:30pm Dryland 4:30-5:00pm	Swim 3:15-4:30pm	Dryland 7:45-8:15am Swim 8:15-9:30am
10&U BRONZE		Swim 3:15-4:30pm Dryland 4:30-5:00pm	Swim 3:15-4:30pm	OFF	Swim 3:15-4:30pm Dryland 4:30-5:00pm	Swim 3:15-4:30pm	OFF