

Practice Schedule: April 11 – June 4, 2022

This is the general schedule; please check the calendar for each specific group each week for any changes that may occur. We may make changes to times due to school days off, changing high school practice time, etc...

Senior						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	Appleton North 5:45-6:45am <i>strength</i> (non-North students) 6:30-7:30am <i>strength</i> (North students) Neenah 4:30-6:30pm <i>swim</i>	Appleton North 4:15-6:15pm	Appleton North 5:45-6:45am <i>strength</i> (non-North students) 6:30-7:30am <i>strength</i> (North students) Appleton North 5:30-7:30pm <i>Swim</i>	Appleton North 4:15-6:15pm	Neenah 5:30-7:00pm	Neenah 7:00-9:00am
Gold						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	Neenah 5:30-7:15pm	Appleton North 5:30-7:15pm	Appleton North 5:30-7:15pm	Appleton North 5:30-7:15pm	Neenah 5:30-7:00pm	Neenah 7:00-9:00am
Silver						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	Appleton North 5:30-6:45pm	Neenah 5:30-6:45pm	Neenah 5:30-6:45pm	Neenah 5:30-6:45pm	Appleton North 5:30-6:45pm	No Practice
Bronze 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	Appleton North 5:30-6:15pm	No Practice	Neenah 5:30-6:15pm	No Practice	Appleton North 5:30-6:15pm	No Practice
Bronze 2						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	Appleton North 6:15-7:15pm	No Practice	Neenah 6:15-7:15pm	No Practice	Appleton North 6:15-7:15pm	No Practice