

WAVE SUMMER PRACTICE SCHEDULE
6.9.25-7.22.25

GROUP	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR A	DRYLAND	6:30AM-7:30AM HAC	x	10:00AM-10:45AM FORTIFY	x	10:00AM-10:45AM FORTIFY	x	x
	SWIM	6:00PM-7:30PM	6:00PM-7:45PM	6:00PM-7:30PM	6:00PM-7:30PM	8:00AM-9:30AM	8:30AM-10:00AM	
SENIOR B	DRYLAND	6:30AM-7:30AM HAC	x	10:00AM-10:45AM FORTIFY	x	10:00AM-10:45AM FORTIFY	x	x
	SWIM	6:00PM-7:30PM	6:00PM-7:30PM	6:00PM-7:30PM	6:00PM-7:30PM	8:00AM-9:30AM		
GOLD	DRYLAND	x	x	10:00AM-10:45AM FORTIFY	x	10:00AM-10:45AM FORTIFY	x	x
	SWIM	7:30PM-9:00PM	7:30PM-9:00PM	6:00PM-7:30PM	7:30PM-9:00PM	8:00AM-9:30AM		
SILVER	DRYLAND	7:00PM-7:30PM	x	x	7:00PM-7:30PM	x	x	x
	SWIM	7:30PM-9:00PM	7:30PM-9:00PM		7:30PM-9:00PM	9:30AM-10:45AM		
BRONZE	DRYLAND	x	6:00PM-6:15PM	7:00PM-7:30PM	x	x	x	x
	SWIM		6:15PM-7:30PM	7:30PM-8:45PM		9:30AM-10:45AM		
PURPLE	SWIM	6:00PM-7:00PM	x	6:00PM-7:00PM	6:00PM-7:00PM	x	x	x
WAVE TEAM FITNESS	SWIM	x	6:00PM-7:00PM	6:00PM-7:00PM	x	8:00AM-9:00AM	x	x
BREAKERS	SWIM	7:00PM-8:00PM	x	7:30PM-8:30PM	x	x	x	x
RIPPLES	SWIM	x	6:00PM-7:00PM	x	6:00PM-7:00PM	x	x	x

Last revised: 5.1.25