2026-2027 CAP PRACTICE SCHEDULE						
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
River Runners	530-630 PM A 630-730 PM B	530-630 PM A 630-730 PM B		530-630 PM A 630-730 PM B		8:15-9:15 AM A&B
Keystone Current		5:15-6:30 PM A 6:30-7:45 PM B	5:15-6:30 PM A 6:30-7:45 PM B		5:15-6:30 PM A 6:30-7:45 PM B	7-8:15 AM A&B
Capitol Tide	630-8 PM		630-8 PM	630-8 PM	530-7 PM	8:15-9:45 AM
Commonwealth Surge	4-6 PM	4-6 PM	4-6 PM	4-6 PM	4-6 PM	7-9 AM
Masters	6-7 AM	6-7 AM	6-7 AM	6-7 AM	6-7 AM	7-8 AM

East Penn Middle School
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