

Tentative practice schedule during school, April 20th- end of May

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novice	5:30pm-6:30pm S	5:30pm-6:30pm S	5:30pm-6:30pm S	5:30pm-6:30pm S		
Developmental	5:30pm-6:30pm S	5:00pm DL 5:30pm-6:30pm S	5:30pm-6:30pm S	5:00pm DL 5:30pm-6:30pm S	5:30pm-6:30pm S	
Age Group	5:30pm-7:00pm S	5:00pm DL 5:30pm-7:00pm S	5:30pm-7:00pm S	5:00pm DL 5:30pm-7:00pm S	4:00pm-5:30pm S	9:00am-10:30am S
Senior AM		6:00am-7:00am DL		6:00am-7:00am DL	5:30am-7:00am S	7:00am-9:00am S
Senior PM	*3:30pm-5:30pm S	3:30pm-5:30pm S	*3:30pm-5:30pm S	*3:30pm-5:30pm S		
Distance AM	5:30am-7:00am S		5:30am-7:00am S			7:00am-9:00am S

*HS Conditioning Practices

Tentative practice schedule, end of May – July 30th

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novice PM	5:30pm-6:30pm S	5:30pm-6:30pm S	5:30pm-6:30pm S	5:30pm-6:30pm S		
Developmental AM	8:00am-9:00am S	8:00am-9:00am S	8:00am-9:00am S	8:00am-9:00am S	8:00am-9:00am S	
Developmental PM				4:00pm-5:30pm DL/S		
Age Group AM	7:30am-9:00am S	7:30am-9:00am S	7:30am-9:00am S	7:30am-9:00am S	7:30am-9:00am S	9:00am-10:30am S
Age Group PM		4:00pm-5:30pm DL/S				
Senior AM	*6:00am-8:00am S	6:00am-8:00am S	*6:00am-8:00am S	*6:00am-8:00am S	6:00am-8:00am S	7:00am-9:00am S
Senior PM	3:30pm-5:00pm DL/S		3:30pm-5:00pm DL/S			
Distance PM	5:30pm-7:00pm S		5:30pm-7:00pm S			7:00am-9:00am S

***HS Conditioning Practices**

***All AM practice M-F are at Donner Aquatic Center**