

2025 CAP SUMMER PRACTICE SCHEDULE (June 1-July 26)

GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RIVER RUNNERS (developmental - 10&U)	OFF	5:00-6:00PM OR 6:00-7:00PM	5:00-6:00PM OR 6:00-7:00PM	5:00-6:00PM OR 6:00-7:00PM	9:00-10:00AM	5:00-6:00PM dryland	OFF
CAPITOL TIDE (intermediate - 9-12)	OFF	5:30-7:00PM	5:30-7:00PM	5:30-7:00PM	8:00-9:30AM	5:00-6:00PM dryland	OFF
COMMONWEALTH SURGE (advanced - 13&O)	OFF	7:00-9:00AM	7:00-9:00AM	7:00-9:00AM	7:00-9:00AM	5:00-6:00PM dryland	OFF
MASTERS (18&O)	OFF	7:00-8:00AM	7:00-8:00AM	7:00-8:00AM	7:00-8:00AM	OFF	OFF

LIMITED LANE SPACE FOR MASTERS