

December Practice Schedule As of 11/26/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Days Highlighted Yellow - Modified							
	26	27	28	29	30	1	2	
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	AZOT BRW Meet - ALL GROUPS, NO PRACTICE		
Red - OP/CN	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p			
Blue - CN, RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Bronze - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Silver - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Blue Elite - OP	4:00-5:15p	4:00-5:15p	5:00-6:15p	5:00-6:15p	5:45-6:45p			
Bronze Elite - RM	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-6:45p			
Silver Elite - AM	5:15-7:00p	5:15-7:00p	5:45-7:30p	5:45-7:30p	5:45-7:00p			
High School - AR,RM	3:30-4:45p	3:30-4:45p	3:30-4:45p	3:30-4:45p	3:30-4:30p			
Gold - AR, CN	no weights	5:30-6:30a	no weights	5:30-6:30a				
	5:30-7:30p	5:30-7:30p	5:30-7:30p	5:30-7:30p	5:30-7:00p			
Masters - DP, RM, OP	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a			
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p				
	3	4	5	6	7	8	9	
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	WAG Championships			
Red - OP/CN	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p				
Blue - CN, RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p				
Bronze - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p				
Silver - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p				
Blue Elite - OP	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:00				
Bronze Elite - RM	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-6:45p				
Silver Elite - AM	5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-6:45p				
High School - AR,RM	3:30-4:45p	3:30-4:45p	3:30-4:45p	5:45-6:45p				
Gold - AR, CN	no weights	5:30-6:30a	no weights	no morning				
	5:30-7:30p	5:30-7:30p	5:30-7:00p	5:30-6:30p				
Masters - DP, RM, OP	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a				
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p				
	10	11	12	13	14	15	16	
White - OP	Team Party	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p			
Red - OP/CN		4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p			
Blue - CN, RM		4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Bronze - AM,RM		4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Silver - AM,RM		4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Blue Elite - OP		5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	8:30-10:00a		
Bronze Elite - RM		5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p	8:30-10:00a		
Silver Elite - AM		5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-7:30p	8:30-10:00a		
High School - AR,RM		3:30-4:45p	3:30-4:45p	3:30-4:45p	3:30-4:45p	8:30-10:00a		
Gold - AR, CN		5:30-6:30a	5:00-5:45p WR	5:30-6:30a	5:30-6:30a	Snr Dev Champs (those not attending have Fri & Sat Practice)		
		5:30-7:30p	6:00-7:30p	5:30-7:30p	5:30-7:30p			
Masters - DP, RM, OP		5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a		
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p				
	17	18	19	20	21	22	23	
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p			
Red - OP/CN	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p			
Blue - CN, RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Bronze - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Silver - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p			
Blue Elite - OP	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	8:30-10:00a		
Bronze Elite - RM	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p	8:30-10:00a		
Silver Elite - AM	5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-7:30p	8:30-10:00a		
High School - AR,RM	3:30-4:45p	3:30-4:45p	3:30-4:45p	3:30-4:45p	3:30-4:45p	8:30-10:00a		
Gold - AR, CN	5:00-5:45p WR	5:30-6:30a	5:00-5:45p WR	5:30-6:30a	5:00-5:45p WR	8:30-10:00a		
	6:00-7:30p	5:30-7:30p	6:00-7:30p	5:30-7:30p	6:00-7:30p			
Masters - DP, RM, OP	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a			
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p				
	24	25	26	27	28	29	30	
White - OP	Christmas Holiday No Practice		6:45-8:00am Elite & HS Groups					
Red - OP/CN			3:30-4:00p	3:30-4:00p	3:30-4:00p			
Blue - CN, RM			4:00-4:45p	4:00-4:45p	4:00-4:45p			
Bronze - AM,RM			4:00-5:00p	4:00-5:00p	4:00-5:00p			
Silver - AM,RM			4:00-5:00p	4:00-5:00p	4:00-5:00p			
Blue Elite - OP			5:00-6:00p	5:00-6:00p	5:00-6:00p	8:30-10:00a		
Bronze Elite - RM			5:00-6:15p	5:00-6:15p	5:00-6:15p	8:30-10:00a		
Silver Elite - AM			5:00-6:30p	5:00-6:30p	5:00-6:30p	8:30-10:00a		
High School - AR,RM			3:30-5:00p	3:30-5:00p	3:30-5:00p	8:30-10:00a		
Gold - AR, CN			5:00-5:45pWR		5:00-5:45pWR	8:30-10:00a		
			3:30-5:00p	3:30-5:00p	3:30-5:00p			
Masters - DP, RM, OP			5:30-6:30a	5:30-6:30a	5:30-6:30a			
	8:00-9:00p	8:00-9:00p	8:00-9:00p					
	31	1	2	3	4	5	6	
White - OP	6:45-8:00am Elite and HS groups only		6:45-8:00am Elite & HS Groups			GWSC Blue Meet (SC)- swimmers with Blue or better times, NO PRACTICE		
Red - OP/CN			3:30-4:00p	3:30-4:00p	3:30-4:00p			
Blue - CN, RM			4:00-4:45p	4:00-4:45p	4:00-4:45p			
Bronze - AM,RM			4:00-5:00p	4:00-5:00p	4:00-5:00p			
Silver - AM,RM			4:00-5:00p	4:00-5:00p	4:00-5:00p			
Blue Elite - OP			5:00-6:00p	5:00-6:00p	5:00-6:00p			
Bronze Elite - RM			5:00-6:15p	5:00-6:15p	5:00-6:15p			
Silver Elite - AM			5:00-6:30p	5:00-6:30p	5:00-6:30p			
High School - AR,RM			3:30-5:00p	3:30-5:00p	3:30-5:00p			
Gold - AR, CN			5:00-5:45pWR		5:00-5:45pWR			
			3:30-5:00p	3:30-5:00p	3:30-5:00p			
Masters - DP, RM, OP			5:30-6:30a	5:30-6:30a	5:30-6:30a			
	8:00-9:00p	8:00-9:00p	8:00-9:00p					