

January Practice Schedule

As of 1/3/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1	2	3	4	5	6	
			6:45-8:00am Elite & HS Groups					
White - OP			3:30-4:00p	3:30-4:00p	3:30-4:00p	GWSC Blue Meet (SC)- swimmers with Blue or better times, NO PRACTICE		
Red - OP/CN			4:00-4:45p	4:00-4:45p	4:00-4:45p			
Blue - CN, RM			4:00-5:00p	4:00-5:00p	4:00-5:00p			
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			
Masters - DP, RM, OP	5:30-6:30a		3:30-5:00p	3:30-5:00p	3:30-5:00p			
			5:30-6:30a	5:30-6:30a	5:30-6:30a			
			8:00-9:00p	8:00-9:00p				
	7	8	9	10	11	12	13	
		Parent Meeting Thursday Jan 10 (auditorium 6:30-8:00p)						
White - OP		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		4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p	8:30-10:00a		
Gold - AR, CN		Pool Closed	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr	8:30-10:00a		
Masters - DP, RM, OP	5:30-6:30a	5:30-7:30p	5:30-7:30p	5:30-7:30p	5:30-7:30p			
	5:30-6:30a	Pool Closed	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			
	14	15	16	17	18	19	20	
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	Modified Schedule to be announced later due to high school water polo tournament				
Red - OP/CN	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					
Bronze - AM, RM	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					
Blue Elite - OP	5:00-6:15	5:00-6:15	5:00-6:15					
Bronze Elite - RM	5:45-7:15p	5:45-7:15p	5:45-7:15p					
Silver Elite - AM	5:45-7:30p	5:45-7:30p	5:45-7:30p					
High School - AR, RM	4:30-5:45p	4:30-5:45p	4:30-5:45p					
Gold - AR, CN	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr					
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				
	21	22	23	24	25	26	27	
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	SOCAL RW Championships		
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	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p		8:30-10:00a	
Gold - AR, CN	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr		8:30-10:00a	
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				
	28	29	30	31	1	2	3	
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	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p	8:30-10:00a		
Gold - AR, CN	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr	8:30-10:00a		
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				