

## September Practice Schedule

As of 8/26/2022

	Monday 8/29	Tuesday 8/30	Wednesday 8/31	Thursday 9/1	Friday 9/2	Saturday 9/3	Sunday 9/4
White	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	<b>Labor Day Weekend No Practice</b>	
Red							
Blue							
Bronze							
Silver							
Gold							
Senior							
Masters	6:00-7:00pm	5:45-6:45am 6:00-7:00pm	6:00-7:00pm	5:45-6:45am 6:00-7:00pm	6:00-7:00pm		
	9/5	9/6	9/7	9/8	9/9	9/10	9/11
White	<b>Labor Day No Practice</b>	4:00-5:00pm		4:00-5:00pm		<b>Masters &amp; Senior Group 8:30-9:30am</b>	
Red							
Blue							
Bronze							
Silver							
Gold							
Senior		4:00-5:30pm (5:30-6:15p DRY)	4:00-5:30pm (5:30-6:00pm DRY)	4:00-5:30pm (5:30-6:15p DRY)	4:00-5:30pm (5:30-6:00pm DRY)		
Masters		4:00-5:30pm (5:30-6:15p DRY) 5:45-6:45am 6:00-7:00pm	4:00-6:00pm 6:00-7:00pm	4:00-5:30pm (5:30-6:15p DRY) 5:45-6:45am 6:00-7:00pm	4:00-6:00pm 6:00-7:00pm		
	9/12	9/13	9/14	9/15	9/16	9/17	9/18
White		4:00-5:00pm		4:00-5:00pm		<b>STOP ABC Meet</b>	
Red	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	<b>Masters 8:30-9:30am</b>	
Blue							
Bronze							
Silver							
Gold							
Senior							
Masters	4:00-5:30pm (5:30-6:00pm DRY) 6:00-7:00pm	4:00-5:30pm (5:30-6:15p DRY) 5:45-6:45am 6:00-7:00pm	4:00-5:30pm (5:30-6:00pm DRY) 6:00-7:00pm	4:00-5:30pm (5:30-6:15p DRY) 5:45-6:45am 6:00-7:00pm	4:00-5:30pm (5:30-6:00pm DRY) 6:00-7:00pm		
	9/19	9/20	9/21	9/22	9/23	9/24	9/25
White		4:00-5:00pm		4:00-5:00pm		<b>Masters 8:30-9:30am</b>	
Red							
Blue							
Bronze							
Silver							
Gold							
Senior	4:00-5:30pm (5:30-6:00pm DRY)	4:00-5:30pm (5:30-6:15p DRY)	4:00-5:30pm (5:30-6:00pm DRY)	4:00-5:30pm (5:30-6:15p DRY)	4:00-5:30pm (5:30-6:00pm DRY)		
Masters	4:00-6:00pm 6:00-7:00pm	4:00-6:00pm (5:30-6:15p DRY) 5:45-6:45am 6:00-7:00pm	4:00-6:00pm 6:00-7:00pm	4:00-6:00pm (5:30-6:15p DRY) 5:45-6:45am 6:00-7:00pm	4:00-6:00pm 6:00-7:00pm		
	9/26	9/27	9/28	9/29	9/30	10/1	10/2
White		4:00-5:00pm		4:00-5:00pm		<b>Masters 8:30-9:30am</b>	
Red							
Blue							
Bronze							
Silver							
Gold							
Senior	4:00-5:30pm (5:30-6:00pm DRY)	4:00-5:30pm (5:30-6:15p DRY)	4:00-5:30pm (5:30-6:00pm DRY)	4:00-5:30pm (5:30-6:15p DRY)	4:00-5:30pm (5:30-6:00pm DRY)		
Masters	4:00-6:00pm 6:00-7:00pm	4:00-6:00pm (5:30-6:15p DRY) 5:45-6:45am 6:00-7:00pm	4:00-6:00pm 6:00-7:00pm	4:00-6:00pm (5:30-6:15p DRY) 5:45-6:45am 6:00-7:00pm	4:00-6:00pm 6:00-7:00pm		

### Learn To Swim Program Schedule

	8/29	8/30	8/31	9/1	9/2	9/3	9/4
Mon & Wed Lessons	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			
	9/5	9/6	9/7	9/8	9/9	9/10	9/11
Mon & Wed Lessons	<b>Labor Day</b>		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons	<b>No Practice</b>	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			
	9/12	9/13	9/14	9/15	9/16	9/17	9/18
Mon & Wed Lessons	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			
	9/19	9/20	9/21	9/22	9/23	9/24	9/25
Mon & Wed Lessons	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			
	9/26	9/27	9/28	9/29	9/30	10/1	10/2
Mon & Wed Lessons	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			

## October Practice Schedule

As of 9/24/2022

	Monday 10/3	Tuesday 10/4	Wednesday 10/5	Thursday 10/6	Friday 10/7	Saturday 10/8	Sunday 10/9
						<b>RIPT ABC Meet</b>	
White		4:00-5:00pm		4:00-5:00pm		Masters No Practice	
Red	4:00-5:00pm		4:00-5:00pm		4:00-5:00pm		
Blue	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
Bronze							
Silver	4:00-5:30pm		4:00-5:30pm	4:00-5:30pm			
Gold	(5:30-6:00pm DRY)	4:00-5:30pm	(5:30-6:00pm DRY)	4:00-5:30pm	4:00-5:00pm		
Senior		4:00-5:30pm		4:00-5:30pm			
	4:00-6:00pm	(5:30-6:15p DRY)	4:00-6:00pm	(5:30-6:15p DRY)	4:00-5:00pm		
Masters		5:45-6:45am		5:45-6:45am			
	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		
	<b>10/10</b>	<b>10/11</b>	<b>10/12</b>	<b>10/13</b>	<b>10/14</b>	<b>10/15</b>	<b>10/16</b>
				<b>OVHS Water Polo Tournament</b>			<b>GWSC Pumpkin Meet</b>
White		4:00-5:00pm		4:00-5:00pm		Masters 8:30-9:30am	
Red	4:00-5:00pm		4:00-5:00pm		4:00-5:00pm		
Blue	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
Bronze							
Silver							
Gold	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	5:00-6:00pm	5:00-6:00pm		
Senior		4:00-5:30pm					
	4:00-6:00pm	(5:30-6:15p DRY)	4:00-6:00pm	4:00-6:00pm	5:00-6:00pm		
Masters		5:45-6:45am		5:45-6:45am			
	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		
	<b>10/17</b>	<b>10/18</b>	<b>10/19</b>	<b>10/20</b>	<b>10/21</b>	<b>10/22</b>	<b>10/23</b>
White		4:00-5:00pm		4:00-5:00pm		Masters 8:30-9:30am	
Red	4:00-5:00pm		4:00-5:00pm		4:00-5:00pm		
Blue	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
Bronze							
Silver							
Gold	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm		
Senior		4:00-5:30pm		4:00-5:30pm			
	4:00-6:00pm	(5:30-6:15p DRY)	4:00-6:00pm	(5:30-6:15p DRY)	4:00-6:00pm		
Masters		5:45-6:45am		5:45-6:45am			
	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		
	<b>10/24</b>	<b>10/25</b>	<b>10/26</b>	<b>10/27</b>	<b>10/28</b>	<b>10/29</b>	<b>10/30</b>
White		4:00-5:00pm		4:00-5:00pm		Masters 8:30-9:30am	
Red	4:00-5:00pm		4:00-5:00pm		4:00-5:00pm		
Blue	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
Bronze							
Silver							
Gold	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm		
Senior		4:00-5:30pm		4:00-5:30pm			
	4:00-6:00pm	(5:30-6:15p DRY)	4:00-6:00pm	(5:30-6:15p DRY)	4:00-6:00pm		
Masters		5:45-6:45am		5:45-6:45am			
	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		
	<b>10/31</b>	<b>11/1</b>	<b>11/2</b>	<b>11/3</b>	<b>11/4</b>	<b>11/5</b>	<b>11/6</b>
White	<b>Halloween</b>			4:00-5:00pm		Masters 8:30-9:30am	<b>ABC Meet @TBD</b>
Red	Off		4:00-5:00pm		4:00-5:00pm		
Blue		4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
Bronze							
Silver							
Gold	4:00-5:00pm Combined Practice	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:00pm		
Senior		4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-5:00pm		
Masters		5:45-6:45am		5:45-6:45am			
	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		

### Learn To Swim Program Schedule

	10/3	10/4	10/5	10/6	10/7	10/8	10/9
Mon & Wed Lessons	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25				<b>RIPTIDE Home Swim Meet</b>
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			Feel free to stop by and watch
	<b>10/10</b>	<b>10/11</b>	<b>10/12</b>	<b>10/13</b>	<b>10/14</b>	<b>10/15</b>	<b>10/16</b>
Mon & Wed Lessons	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			
	<b>10/17</b>	<b>10/18</b>	<b>10/19</b>	<b>10/20</b>	<b>10/21</b>	<b>10/22</b>	<b>10/23</b>
Mon & Wed Lessons	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			
	<b>10/24</b>	<b>10/25</b>	<b>10/26</b>	<b>10/27</b>	<b>10/28</b>	<b>10/29</b>	<b>10/30</b>
Mon & Wed Lessons	4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			
	<b>10/31</b>	<b>11/1</b>	<b>11/2</b>	<b>11/3</b>	<b>11/4</b>	<b>11/5</b>	<b>11/6</b>
Mon & Wed Lessons	<b>Halloween No Practice</b>		4, 4:25, 4:50, 5:25				
Tues & Thur Lessons		4, 4:25, 4:50, 5:25		4, 4:25, 4:50, 5:25			