

## 2018-19 Short Course Practice Schedule Sept 10<sup>th</sup>-March 15<sup>th</sup> – updated 7-19

|                   | Monday       | Tuesday             | Wednesday    | Thursday     | Friday       | Saturday      |
|-------------------|--------------|---------------------|--------------|--------------|--------------|---------------|
| <b>House 8/Un</b> | xxx          | 4:45 – 5:30p        | xxx          | 4:45 – 5:30p | xxx          | 9:00 – 9:45a  |
| <b>House 9/Ov</b> | xxx          | 4:45 – 5:30p        | xxx          | 4:45 – 5:30p | xxx          | 9:00 – 9:45a  |
| <b>Maia</b>       | 6:00 – 6:45p | xxx                 | 6:00 – 6:45p | xxx          | 6:00 – 6:45p | 8:15 – 9:00a  |
| <b>Nautilus</b>   | 6:45 – 7:45p | xxx                 | 6:45 – 7:45p | 6:30 – 7:30p | 6:45 – 7:45p | 8:15 – 9:00a  |
| <b>Neptune</b>    | 6:45 – 8:00p | 6:30 – 8:00p        | 6:45 – 8:00p | xxx          | 6:45 – 8:00p | 9:45 - 11:00a |
| <b>Junior</b>     | 6:30 – 8:00p | 6:30 – 8:00p        | 6:30 – 8:00p | 6:30 - 7:45p | 6:30 – 8:00p | 9:45 - 11:00a |
| <b>P90</b>        | 4:45 - 6:15p | 6:30 - 8:00p        | 4:45 - 6:15p | 7:30 - 9:00p | 4:45 - 6:15p | 6:30 - 8:15a  |
| <b>P105</b>       | 4:45 - 6:30p | 5:20 - 6:50a<br>xxx | 4:45 - 6:30p | 7:30 - 9:00p | 4:45 - 6:30p | 6:00 - 8:15a  |
| <b>P120</b>       | 4:45 - 6:45p | 5:20 - 6:50a<br>xxx | 4:45 - 6:45p | 6:30 – 9:00p | 4:45 - 6:45p | 6:00 - 8:15a  |

**PLEASE NOTE SCHEDULE IS SUBJECT TO CHANGE.**

Dry Lands will be added when times and trainers are confirmed.

DL = Dry Lands