

PRACTICE SCHEDULE

GREEN GROUP 1

Mon/Wed/Fri: 3:30 - 4:15pm

GREEN GROUP 2

Mon/Wed/Fri: 4:15 - 5pm

BRONZE GROUP 1

Mon/Tues/Thurs/Fri 3:30 - 4:30pm

BRONZE GROUP 2

Mon & Fri: 4:30 - 5:30pm

Tues & Thurs 3:30 - 4:30pm

SILVER GROUP

Mon & Fri: 5:30 - 7pm

Tues/Wed/Thurs: 4 - 5:30pm
(dryland 4 - 4:30)

GOLD/SENIOR GROUP

Mon & Fri: 5:00 - 7pm @ HSU

Wednesday 5:30 - 7pm@ACP

Tues & Thurs 5 - 7 @ACP (dryland 5-5:30)

**All groups are welcome to morning & Saturday practices: Tuesdays and Thursdays at 5:45-7:00am, and Saturdays from 10am - noon at the HSU pool!*