**May 2019 POW Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tue | 1 Wed | 2 Thu | 3 Fri  | 4 Sat |
|  |  |  |  |  | First Day!Newcomers (age 11 and under): 4:45-6:00pmNewcomers (age 12+):5:45-7:00pm  | Novice: 4:00-5:00 pmJunior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:45-6:00 pm |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Junior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:15-6:00 pm | Novice: 4:00-5:00 pmJunior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:45-6:00 pm |  | Senior: 6:45-8:00am |  | Novice: 5:00-6:00 pmJunior: 4:45-6:00 pmIntermediate: 5:45-7:00 pmSenior: 5:45-7:00 pm | Volunteer Coach Clinic 3:00pmNovice: 4:00-5:00 pmJunior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:45-6:00 pmMeet the coaches @ 6:30pm |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Junior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:15-6:00 pm | Novice: 4:00-5:00 pmJunior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:45-6:00 pm |  | Senior: 6:45-8:00am |  | Novice: 5:00-6:00 pmJunior: 4:45-6:00 pmIntermediate: 5:45-7:00 pmSenior: 5:45-7:00 pm | Novice: 4:00-5:00 pmJunior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:45-6:00 pm |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Junior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:15-6:00 pm | Novice: 4:00-5:00 pmJunior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:45-6:00 pm |  | Senior: 6:45-8:00am |  | Novice: 5:00-6:00 pmJunior: 4:45-6:00 pmIntermediate: 5:45-7:00 pmSenior: 5:45-7:00 pm | Fun Meet! All groups come at 3:45pm |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| Junior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:15-6:00 pm | Novice: 4:00-5:00 pmJunior: 3:45-5:00 pmIntermediate: 4:45-6:00 pmSenior: 4:45-6:00 pm |  | Senior: 6:45-8:00am |  | Novice: 5:00-6:00 pmJunior: 4:45-6:00 pmIntermediate: 5:45-7:00 pmSenior: 5:45-7:00 pm | Duncan Meet\*No Practice  |