**Legend:** 

Novice

Junior A

Junior B

Intermediate

Senior A

Senior B

Senior C

## **May Practice Schedule 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Group Assessment Week	3	4	5	6 Group Assessment Week	7 Group Assessment Week
8 Group Assessment Week	9 Group Assessment Week	10	11	12	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30 Swim	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30 Swim ½ and Water Polo ½

15	16	17	18	19	20	21
Novice and	Novice and				Novice and	NO Novice
Junior A	Junior A				Junior A	
3:45- 4:00	3:45- 4:00				3:45- 4:00	Junior A
Activation	Activation				Activation	3:45- 4:00
4:00-4:45	4:00-4:45				4:00-4:45	Activation
Swim	Swim				Swim	4:00-4:45
Swiii	Swiiii				SWIII	Swim
Tt D 1	Tt D 1				Junior B and	SWIIII
Junior B and	Junior B and				3	T . D .
Intermediate	Intermediate				Intermediate	Junior B and
4:15- 4:30	4:15- 4:30				4:15- 4:30	Intermediate
Activation	Activation				Activation	4:15- 4:30
4:30-5:30	4:30-5:30				4:30-5:30	Activation
Swim	Swim				Swim	4:30-5:30
						Swim
Senior A and	Senior A and				Senior A and	
Senior B and	Senior B and				Senior B and	Senior A and
Senior C and	Senior C and				Senior C and	Senior B and
5:15- 5:30	5:15- 5:30				5:15- 5:30	Senior C and
Activation	Activation				Activation	5:15- 5:30
5:30-6:30	5:30-6:30				5:30-6:30	Activation
Swim	Swim				Swim	5:30-6:30
Swim	owini				OWIII	Swim ½ and
						Water Polo ½
						water Polo 72
22	23	24	25	26	27	28
22 Novice and	23 HOLIDAY	24	25	26	27 Novice and	
Novice and		24	25	26		28 NO Novice
Novice and Junior A		24	25	26	Novice and Junior A	NO Novice
Novice and Junior A 3:45- 4:00		24	25	26	Novice and Junior A 3:45- 4:00	NO Novice Junior A
Novice and Junior A 3:45- 4:00 Activation		24	25	26	Novice and Junior A 3:45- 4:00 Activation	NO Novice  Junior A 3:45- 4:00
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45	NO Novice  Junior A 3:45- 4:00  Activation
Novice and Junior A 3:45- 4:00 Activation		24	25	26	Novice and Junior A 3:45- 4:00 Activation	Junior A 3:45- 4:00 Activation 4:00-4:45
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim	NO Novice  Junior A 3:45- 4:00  Activation
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30	Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation	Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30	Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim	Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30	NO Novice  Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation	Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30	Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation
Novice and Junior A 3:45-4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15-4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15-5:30 Activation 5:30-6:30		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30	Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30 Swim ½ and
Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30		24	25	26	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30	Junior A 3:45- 4:00 Activation 4:00-4:45 Swim  Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim  Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30

FUN MEET (All Groups from 3:30-6:30 PM)	Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim	31		
	Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim			
	Senior A and Senior B and Senior C and 5:15-5:30 Activation 5:30-6:30 Swim			