

TEAMSOPRIS FALL - WINTER 2024-2025 PRACTICE SCHEDULE

| Groups | Monday | Tuesday | Wednesday | Thursday | Friday** | Saturday** |
|----------------------------|-----------------------------|-------------|-------------|------------------------------------|-------------|----------------------------|
| Discovery | 5:30-6:30pm | 5:30-6:30pm | OFF | 5:30-6:30pm | OFF | 10:00-11:00am Kelley/Steve |
| Challenge | OFF | 4:30-5:30pm | 5:30-6:30pm | 4:30-5:30pm | OFF | 10:00-11:00am Kelley/Steve |
| Adaptive (sp. oty.) | OFF | 5:30-6:30pm | OFF | 5:30--6:30pm | OFF | OFF |
| CUDA | 5:30-7:00pm | 4:00-5:30pm | 4:00-5:30pm | OFF | 4:00-6:00pm | 10:00am-NOON Bob |
| JR | 4:00-5:30pm | 6:00-7:30AM | OFF | 6:00-7:30AM | 4:00-6:00pm | 10:00am-NOON Bob |
| SENIOR | 4:00-5:30pm | 6:00-7:30AM | 5:30-7:00pm | 6:00-7:30AM | 4:00-6:00pm | 10:00am-NOON Bob |
| Dryland | Dryland 5:30-6:30pm (JR,SR) | OFF | OFF | Dryland 4:30--5:30pm (Cuda, JR,SR) | OFF | OFF |
| High School SWIM | 6:00-7:15AM | OFF | OFF | 4:00-5:30pm | OFF | OFF |
| Masters | 6:00-7:15am | OFF | 6:00-7:15am | OFF | 6:00-7:15am | OFF |