

Revised Schedule begins on 11/18/24

**TEAMSOPRIS WINTER 2024-2025 PRACTICE SCHEDULE [(#) =reserved lanes]**

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Discovery</b>	5:30-6:30pm (3)	5:30-6:30pm (2)	OFF	5:30-6:30pm (2)*	OFF	10:00-11:00am (-)
<b>Challenge</b>	OFF	5:30-6:30pm (2)	5:30-6:30pm (2)	4:00-5:30pm (2)	OFF	10:00-11:00am (1)
<b>CUDA</b>	4:00-5:30pm (2)	OFF	5:30-6:45pm (2)	4:00-5:30pm (2)	4:00-5:30pm (2)	10:00am-NOON (1)
<b>JR</b>	4:00-5:30pm (1)	6:00-7:30AM (2)	OFF	6:00-7:30AM (2)	4:00-5:30pm (1)	10:00am-NOON (1)
<b>SENIOR</b>	4:00-5:30pm (1)	6:00-7:30AM (2)	4:00-5:30pm (2)	6:00-7:30AM (1)	4:00-5:30pm (1)	10:00am-NOON (1)
<b>Adaptive (Sp. oty.)</b>	OFF	4:00 or 5:30pm (1)	OFF	4:00-5:30pm (1)	OFF	OFF
<b>Masters</b>	6:00-7:15am (4)	OFF	6:00-7:15am (4)	OFF	6:00-7:15am (4)	OFF
<b>GSHS</b>	<b>6:00-7:30pm (4)</b>	<b>4:00 -5:30pm (4)</b>	<b>4:00 -5:30pm (4)</b>	<b>6:00-7:30AM (3)</b>	OFF	OFF

\* CC swim lessons @ 5:30