

Hydra Practice Schedule: Winter 2018-19

Winter: October 29-end of season meet

Dryland times are in italics

		Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
Novice	Sirens	off	6:00-6:40	6:00-6:40	6:00-6:40	off	11:00-11:40
	Navy I	off	6:00-6:50	6:00-6:50	6:00-6:50	off	12:40-1:30
			<i>7:00-7:20</i>	<i>7:00-7:20</i>	<i>7:00-7:20</i>		<i>12:00-12:30</i>
	Navy II	6:00-6:50	7:20-8:10	6:00-6:50	off	off	12:40-1:30
		<i>7:00-7:20</i>	<i>6:50-7:10</i>	<i>7:00-7:20</i>			<i>12:00-12:30</i>

		Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
Intermediate	Aqua I	6:00-7:10	off	6:50-8:00	6:00-7:10	6:00-7:10	11:00-12:10
		<i>7:20-7:40</i>		<i>6:20-6:40</i>	<i>7:20-7:40</i>		<i>12:30-1:00</i>
	Aqua II	7:10-8:30	6:00-7:20	off	7:10-8:30	6:00-7:20	11:00-12:20
		<i>6:40-7:00</i>	<i>7:30-7:50</i>		<i>6:40-7:00</i>		<i>12:30-1:00</i>
	Aqua III	6:50-8:30	6:50-8:30	6:50-8:30	6:50-8:30	6:00-7:40	12:10-1:50
		<i>6:15-6:40</i>	<i>6:15-6:40</i>	<i>6:15-6:40</i>	<i>6:15-7:40</i>		<i>11:25-11:55</i>

		Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
Advanced	Gold I	6:50-8:30	6:50-8:30	6:50-8:30	6:50-8:30	off	12:10-1:50
		<i>6:15-6:40</i>	<i>6:15-6:40</i>	<i>6:15-6:40</i>	<i>6:15-7:40</i>		<i>11:25-11:55</i>
	Gold II	6:30-8:30	6:30-8:30	6:30-8:30	6:30-8:30	6:00-7:40	12:00-2:00
		<i>6:00-6:25</i>	<i>6:00-6:25</i>	<i>6:00-6:25</i>	<i>6:00-6:25</i>		<i>11:25-11:55</i>
	Senior	6:30-8:30	6:30-8:30	6:30-8:30	6:30-8:30	6:00-8:00	12:00-2:00
		<i>6:00-6:25</i>	<i>6:00-6:25</i>	<i>6:00-6:25</i>	<i>6:00-6:25</i>		<i>11:25-11:55</i>

End of Season Championship Meets: Please note that ALL swimmers in a group, Aspire AND Perform, will finish at the same time.

Sirens, Navy I, & Navy II: Last practice Saturday, 2/9/19

Aqua I, Aqua II, & Aqua III Non-JOs: Last practice Wednesday, 2/13/19

Gold I, Gold II, & Seniors: Last practice Thursday, 2/28/19

JO Qualifiers: Last practice Thursday, 3/7/19