

Sparks Piranhas – TEMPORARY PRACTICE SCHEDULE: December 11 thru December 22

**** SATURDAY, DECEMBER 23 – ALL groups return to regular practice schedule!**

<u>White</u>	<u>Yellow</u>	<u>Yellow Advanced</u>	<u>Team Prep</u>
Wed 4:00 – 4:30 p.m. <u>s</u> (FC)	Wed 4:30 – 5:00 p.m. <u>s</u> (FC)	Wed 5:00 – 5:45 p.m. <u>s</u> (FC)	Wed 5:00 – 5:45 p.m. <u>s</u> (FC)
Thurs & Fri 4:00 – 4:30 p.m. <u>s</u> (FC)	Thurs & Fri 4:30 – 5:00 p.m. <u>s</u> (FC)	Thurs & Friday 5:00 – 6:00 p.m. <u>s</u> (FC)	Thurs & Friday 5:00 – 6:00 p.m. <u>s</u> (FC)
Saturday 10:00 – 10:30 a.m. <u>s</u> (FC)	Saturday 10:30 – 11:00 a.m. <u>s</u> (FC)	Saturday 11:00 – 11:45 a.m. <u>s</u> (FC)	Saturday 11:00 – 11:45 a.m. <u>s</u> (FC)

<u>Black</u>	<u>Bronze</u>	<u>Silver</u>
Mon 4:00 – 4:45 p.m. ^ (A) – dryland only	Mon 4:00 – 5:00 p.m. <u>s</u> (FC)	Mon 5:00 – 6:00 p.m. <u>s</u> (FC)
Tues 5:00 – 6:00 p.m. <u>s</u> (FC)	Tues 4:00 – 5:00 p.m. <u>s</u> (FC)	Tues 4:00 – 5:00 p.m. ^ (A) – dryland only
Wed 4:00 – 4:45 p.m. ^ (A) – dryland only	Wed 4:15 – 5:00 p.m. ^ (A) – dryland only	Wed 4:00 – 5:00 p.m. <u>s</u> (FC)
Thurs OFF	Thurs 4:00 – 4:45 p.m. (A) – dryland only	Thurs 4:00 – 4:45 p.m. ^ (A) – dryland only
Fri 4:00 – 5:00 p.m. <u>s</u> (FC)	Fri no afternoon practice	Fri no afternoon practice
Saturday 12:00 – 1:00 p.m. <u>s</u> (NW)	Saturday 12:00 – 1:00 p.m. <u>s</u> (NW)	Saturday 1:00 – 2:00 p.m. <u>s</u> (NW)

Gold (# = may choose either practice – or – both)

Mon # 4:00 – 5:00 p.m. ^ (A) – dryland only 7:30 – 8:30 p.m. <u>s</u> (NW)
Tues # 4:00 – 5:00 p.m. ^ (A) – dryland only 7:30 – 8:30 p.m. <u>s</u> (NW)
Wed 3:30 – 4:30 p.m. ^ (A) – dryland only
Thurs, December 14 OFF
Fri, December 15 3:30 – 4:30 p.m. ^ (BI)
Saturday, December 16 12:00 p.m. – 2:00 p.m. <u>s</u> (NW)

Senior (# = may choose either practice – or – both)

Mon # 4:00 – 5:00 p.m. ^ (A) – dryland only 7:30 – 8:30 p.m. <u>s</u> (NW)
Tues # 4:00 – 5:00 p.m. ^ (A) – dryland only 7:30 – 8:30 p.m. <u>s</u> (NW)
Wed 3:30 – 4:30 p.m. ^ (A) – dryland only
Thurs OFF
Fri 3:30 – 4:30 p.m. ^ (BI)
Saturday 12:00 p.m. – 2:00 p.m. s (NW)

Varsity

Mon 7:30 – 9:00 p.m. <u>s</u> (NW)	Tues, Thurs 5:30 – 6:30 a.m. ^ (BI) 7:30 – 9:00 p.m. <u>s</u> (NW)	Wed 3:30 – 5:00 ^ (A)	Fri 3:30 – 4:30 p.m. ^ (BI)	Sat 12:00 – 2:00 p.m. <u>s</u> (NW)
---------------------------------------	--	--------------------------	--------------------------------	--

**** there is NO “Varsity +” after December 10...follow above “Varsity” practice schedule**

- ^ = dryland only (strength & mobility)
- ** = dryland, then swim *after* dryland
- (A) = Alf Sorensen (1400 Baring Blvd. / Sparks)
- (BI) = Black Iron Cross-fit Gym (475 E. Greg Street #107 / Sparks)
- (NW) = Northwest Community Center pool (2925 Apollo Way, Reno, NV 89503)
- s = swim only
- (NE) = Northeast Community Center (1301 Valley Road / Reno)
- (FC) = Fitness Connection (255 Disc Drive / Sparks)