

Sparks Piranhas - 2018-19 Short Course Practice Schedule

– PRACTICES RESUME ON WEDNESDAY, AUGUST 15, PER THE SCHEDULE BELOW:

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

<u>Black</u>	<u>Bronze</u>	<u>Silver</u>
Mon & Tues 4:00 – 5:00 p.m. @ (A) Wed 3:35 – 5:00 p.m. ** (A) Thurs 5:00 – 6:15 p.m. @ (A) Fri 4:00 – 5:00 p.m. @ (FC) Saturday OFF	Mon 3:35 – 5:00 p.m. ** (A) Tues & Wed 4:00 – 5:00 p.m. @ (A) Thurs 4:00 – 5:00 p.m. @ (A) Fri no afternoon practice Saturday 11:00 a.m. – 12:00 p.m. @ (A)	Mon & Tues 5:00 – 6:15 p.m. @ (A) Wed 3:35 – 5:00 p.m. ** (A) Thurs 5:00 – 6:15 p.m. @ (A) Fri no afternoon practice Saturday 9:45 - 11:00 a.m. ** (A)

<u>Gold</u>	<u>Senior</u>
Mon 5:00 – 6:15 p.m. @ (A) Tues 4:00 – 6:15 p.m. @ (A) Wed 4:30 – 6:15 p.m. ** (A) Thurs 3:30 – 5:00 p.m. ** (A) Fri 3:30 – 4:30 p.m.^ (F10) Saturday 9:45 a.m. – 12:00 p.m. ** (A)	Mon 4:00 – 6:15 p.m. @ Tues 3:30 – 5:00 p.m. ** (A) Wed 4:30 – 6:15 p.m. ** (A) Thurs 5:00 – 6:15 p.m. @ (A) Fri 3:30 – 4:30 p.m.^ (F10) Saturday 9:45 a.m. – 12:00 p.m. ** (w/Varsity) (A)

Thurs (optional)
5:30 – 6:30 a.m. – Strength / Mobility ^ (F10)

Varsity (TUESDAY & THURSDAY MORNING STRENGTH & MOBILITY BEGINS ON TUESDAY, AUGUST 21!)

Mon (NO a.m. practice) 3:30 – 6:15 p.m. ** (A) Saturday 9:45 a.m. – 12:00 p.m. ** (A)	Tues 5:30 – 6:30 a.m.^ (F10) 3:30 – 6:15 p.m. ** (A)	Wed (NO a.m. practice) 3:30 – 6:15 p.m. ** (A)	Thurs 5:30 – 6:30 a.m.^ (F10) 3:30 – 6:15 p.m. ** (A)	Fri NO a.m. practice 3:30 – 4:30 p.m.^ (F10)
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“Varsity +” Schedule - ** BEGINS THE TUESDAY AFTER LABOR DAY: September 4, ends on Thursday, December 13

Mon (NO a.m. practice) 3:30 – 6:15 p.m. ** (A) Saturday 9:45 a.m. – 12:00 p.m. ** (A)	Tues 5:30 – 6:30 a.m.^ (F10) 7:00 – 9:15 a.m. @ (A)	Wed (NO a.m. practice) 3:30 – 6:15 p.m. ** (A)	Thurs 5:30 – 6:30 a.m.^ (F10) 7:00 – 9:15 a.m. @ (A)	Fri NO a.m. practice 3:30 – 4:30 p.m. ^ (F10)
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- ^ = dryland only (strength & mobility)
- # = swim, then dryland *after* swimming
- (A) = Alf Sorensen (1400 Baring Blvd. / Sparks)
- (F10) = Fitness for 10 (Legends: 1575 E. Lincoln Way)
- @ = swim only
- ** = dryland, then swim *after* dryland
- (FC) = Fitness Connection (255 Disc Drive / Sparks)