H2okie Aquatics Practice Schedule (September of 2017 - May 25, 2018)

Color Key	Christiansburg Aquatic Center (CAC)	Blacksburg Aquatic Center (BAC)	War Memorial Hall (WMH)	PEAK S&C (PSC)

Stroke School

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SS3 (CAC)	4:00 PM - 5:00 PM @ CAC	Off	5:45 PM - 7:00 PM @ CAC	Off	5:45 PM - 7:00 PM @ CAC	Off	Off
SS2 (CAC)	4:00 PM - 5:00 PM @ CAC	Off	5:45 PM - 6:45 PM @ CAC	Off	5:45 PM - 6:45 PM @ CAC	Off	Off
SS1 (CAC)	4:00 PM - 4:45 PM @ CAC	Off	5:45 PM - 6:30 PM @ CAC	Off	5:45 PM - 6:30 PM @ CAC	Off	Off
SS3 (BAC)	4:00 PM - 5:00 PM @ CAC	**5:00 PM - 6:15 PM @ BAC**	Off	**5:00 PM - 6:15 PM @ BAC**	Off	Off	Off
SS2 (BAC)	4:00 PM - 5:00 PM @ CAC	**5:00 PM - 6:00 PM @ BAC**	**5:00 PM - 6:00 PM @ BAC**	**5:00 PM - 6:00 PM @ BAC**	**5:00 PM - 6:00 PM @ BAC**	Off	Off
SS1 (BAC)	4:00 PM - 4:45 PM @ CAC	**5:00 PM - 5:45 PM @ BAC**	**5:00 PM - 5:45 PM @ BAC**	**5:00 PM - 5:45 PM @ BAC**	**5:00 PM - 5:45 PM @ BAC**	Off	Off
SENIOR-PREP (BAC)	4:00 PM - 5:00 PM @ CAC	3:30 PM - 5:00 PM @ BAC	Off	3:30 PM - 5:00 PM @ BAC	3:30 PM - 5:00 PM @ BAC	Off	Off

Age Group

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AG3 (CAC) morning				5:30 AM - 7:15 AM @ CAC		5:30 AM - 7:15 AM @ CAC	
AG3 (CAC)	Off	4PM- 5PM @ PSC Dryland 5: 30-7pm CAC	5:45 PM - 7:30 PM @ CAC	4PM- 5PM @ PSC Dryland 5: 30-7pm CAC	5:45 PM - 7:30 PM @ CAC	Off	10:00 AM - 12: 00 PM @ CAC
AG2 (CAC)	Off	5:45 PM - 7:15 PM @ CAC	5:45 PM - 7:15 PM @ CAC	5:45 PM - 7:15 PM @ CAC	5:45 PM - 7:15 PM @ CAC	5:45 PM - 7:00 PM @ CAC	10:00 AM - 11: 30 PM @ CAC
AG1 (CAC/BAC)	Off	5:45 PM - 7:00 PM @ CAC	**5:00 PM - 6:15 PM @ BAC**	5:45 PM - 7:00 PM @ CAC	**5:00 PM - 6:15 PM @ BAC**	5:45 PM - 7:00 PM @ CAC	10:00 AM - 11: 30 PM @ CAC

Senior

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR3 Morning	Off	5:30 AM - 7:00 AM @ WAR	5:45AM- 6: 45AM @ PSC Dryland	5:30 AM - 7:15 AM @ CAC	5:45AM- 6: 45AM @ PSC Dryland	5:30 AM - 7:15 AM @ CAC	10:00 AM - 12: 30 PM @ CAC
SR2 Morning	Off	5:30 AM - 7:00 AM @ WAR	Off	5:30 AM - 7:15 AM @ CAC	Off	5:30 AM - 7:15 AM @ CAC	10:00 AM - 12: 00 PM @ CAC
SR1 Morning	Off	5:30 AM - 7:00 AM @ WAR	Off	5:30 AM - 7:15 AM @ CAC	Off	5:30 AM - 7:15 AM @ CAC	10:00 AM - 12: 00 PM @ CAC
SR3 (CAC)	Off	3:30PM - 5:30 PM @ WAR	3:30 PM - 5:45 PM @ CAC	Off	3:30 PM - 5:45 PM @ CAC	3:45PM- 4: 45PM @ PSC Dryland	Off
SR2 (CAC)	Off	5:00PM- 6: 00PM @ PSC Dryland	3:30 PM - 5:45 PM @ CAC	5:00PM- 6: 00PM @ PSC Dryland	3:30 PM - 5:45 PM @ CAC	3:45PM- 4: 45PM @ PSC Dryland	Off
SR1 (CAC)	Off	5:00PM- 6: 00PM @ PSC Dryland	3:30 PM - 5:45 PM @ CAC	5:00PM- 6: 00PM @ PSC Dryland	3:30 PM - 5:45 PM @ CAC	3:45PM- 4: 45PM @ PSC Dryland	Off