

Hydra Practice Schedule: Fall 2018

Fall: September 4-October 28

Dryland times are in italics

	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday	Sunday	
Novice	Sirens	6:00-6:40	6:30-7:10	off	6:00-6:40	off	3:00-3:40	
	Navy I	5:05-5:25	5:40-6:30	6:30-7:20	5:40-6:30	off	off	2:10-3:00
		5:40-6:30	6:40-7:00		6:40-7:00			
	Navy II	off	5:40-6:30	5:15-5:35	5:40-6:30	off	12:45-1:15	3:00-3:50
			6:40-7:00	5:40-6:30	6:40-7:00		1:20-2:10	

	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday	Sunday	
Intermediate	Aqua I	6:05-6:25	6:05-6:25	5:30-5:55	6:05-6:25	off	12:05-12:35	1:00-2:10
		6:30-7:40	6:30-7:40	6:00-7:10	6:30-7:40		12:40-1:50	
	Aqua II	5:30-5:55	5:45-6:15	5:30-5:55	6:05-6:25	off	12:05-12:35	2:40-4:00
		6:00-7:20	6:20-7:40	6:00-7:20	6:30-7:50		12:40-2:00	
	Aqua III	4:00-5:40	4:00-5:40	4:00-5:40	4:00-5:40	off	11:00-12:40	1:00-2:40
		5:45-6:15	5:45-6:15	5:45-6:15	5:45-6:15		12:45-1:15	

	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday	Sunday	
Advanced	Gold I	4:00-5:40	4:00-5:40	4:00-5:40	4:00-5:40	off	11:00-12:40	off
		5:45-6:15	5:45-6:15	5:45-6:15	5:45-6:15		12:45-1:15	
	Gold II	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	off	11:00-1:00	1:00-3:00
		6:05-6:35	6:05-6:35	6:05-6:35	6:05-6:35		1:15-1:45	
	Senior	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	off	11:00-1:00	1:00-3:00
		6:05-6:35	6:05-6:35	6:05-6:35	6:05-6:35		1:15-1:45	