

# January Practice Schedule

Elite: EL; Extreme: XT; Premier: PM; Performance: PR; Power Up: PW

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	2 EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	3 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PR 7:45-8:45 PM NO PW	4 EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	5 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PW 7:45-8:45 PM NO PR	6 EL 5-6:30 AM <u>EL 5:30-7:45 PM</u> <u>XT 5:30-7:15 PM</u> <u>PM 7:15-8:45 PM</u> <u>PR 7:45-8:45 PM</u> <u>NO PW</u>	7 EL/PM 7-10:15 AM XT/PR 9:30-11 AM
8	9 EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	10 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PR 7:45-8:45 PM NO PW	11 EL 5-6:30 AM <u>EL 5:30-7:45 PM</u> <u>XT 5:30-7:15 PM</u> <u>PM 7:15-8:45 PM</u> <u>PW 7:45-8:45 PM</u> <u>NO PR</u>	12 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PW 7:45-8:45 PM NO PR	13 EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	14 EL/PM 7-10:15 AM XT/PR 9:30-11 AM
15	16 EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	17 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PR 7:45-8:45 PM NO PW	18 EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	19 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PW 7:45-8:45 PM NO PR	20 EL 5-6:30 AM <u>EL 5:30-7:45 PM</u> <u>XT 5:30-7:15 PM</u> <u>PM 7:15-8:45 PM</u> <u>PR 7:45-8:45 PM</u> <u>NO PW</u>	21 EL/PM 7-10:15 AM XT/PR 9:30-11 AM
22	23 EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	24 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PR 7:45-8:45 PM NO PW	25 EL 5-6:30 AM <u>EL 5:30-7:45 PM</u> <u>XT 5:30-7:15 PM</u> <u>PM 7:15-8:45 PM</u> <u>PW 7:45-8:45 PM</u> <u>NO PR</u>	26 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PW 7:45-8:45 PM NO PR	27 <u>NO EL AM</u> <u>PM/PR 4:45-6:15 PM</u> <u>PW 6:15-7:15 PM</u> <u>NO EL/XT</u> <u>WYW/CONDOR MEETS</u>	28 <u>NO PRACTICE</u> <u>WYW/CONDOR/8/U</u> <u>MEETS</u>
29 <i>NO PRACTICE</i>	30 EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	31 EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PR 7:45-8:45 PM NO PW	1. EL 5-6:30 AM EL 4:45-6:45 PM XT 6-8:45 PM PW 4:45-5:45 PM PR 5:45-7:15 PM PM 6:30-8:45 PM	2. EL 4:45-7:45 PM OW 4:45-5:30 PM XT 4:45-6:45 PM PM 6:45-8:45 PM PW 7:45-8:45 PM NO PR	3. EL 5-6:30 AM <u>SWIMATHON</u> <u>11/U 4:45-7 PM</u> <u>12/O 7-9 PM</u>	4. EL/PM 7-10:15 AM XT/PR 9:30-11 AM