

## Summer 2017 Practice Schedule

**Summer Schedule** - 1st day of Gwinnett summer vacation through July  
*All practices at Quinn Ridge. There may be some added long course practices.*

### Blue Team\*

Monday, Wednesday 5:30-7pm;  
Friday 5:15-6:45pm

*\*an additional practice will be offered **1030am-12pm** on days of league-wide GCSL meets (mostly Thursdays).*

### Gold Team

Monday – Thursday\* 5:30-7pm;  
Friday 5:15-6:45pm  
Saturday 9:30 -11am

*\*practice will be **1030am-12pm** on days of league-wide GCSL meets (mostly Thursdays).*

### Prep Team

Monday 8:45-11:00am and 6:30-8pm (PM is P1 only);  
Tues, Wed, Thurs 8:45-11/11:30 am  
Friday 9:30-11am (P1 only) & 5:45-7:45pm  
Saturday 10:15am -12:30pm

### High School Group

Mon -Thurs 3-5:15p (*some swimmers will add an AM practice w/ Sr on some days*)  
Fri 3:00-5:45p  
Sat 7:30-11a or 10:15a-12:30p

### Senior Team

M, W 7:30-10:30am & 4:30-6pm (Wed pm is SR1 only)  
T, Th 7-9:30am Fri 8-10:30am and 3:45-5:45  
Sat 7:30-11:00am