**2018 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 | 5:15-645pm |
| Saturday | 9:30 -11am |

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

**Gold Team**

| | |
|---|---|
| Monday – Thursday* | 5:30-7pm; |
| Friday | 5:15-645pm |
| 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) & 5:45-8pm |
| Saturday | 10:15am -12:30pm |

**8th Graders are 9:30am-12:30pm on Wednesdays (11:30-12:30 is learn to lift)*

**High School Group**

| | |
|---|---|
| Mon, Wed | 3-515p |
| Tues, Thurs | 345-530p |
| Fri | 3:00-5:45p |
| Sat | 730-11a or 1015a-1230p |

** practice will move to* **12-1:30pm** *on days of league-wide GCSL meets (mostly Thursdays).*

**Senior Team**

| | |
|---|---|
| M, W | 7:30-9:30am & 430-6pm (Wed pm is SR1 only) |
| T, Th | 7-10:30am |
| Fri | 8-10:30am and 3:45-5:45 |
| Sat | 7:30-11:00am |