

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 5:15-6:45pm
Saturday 9:30 -11am

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

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

High School Group

Mon, Wed 3-5:15p
Tues, Thurs 3:45-5:30p
Fri 3:00-5:45p
Sat 7:30-11a or 10:15a-12:30p

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

Senior Team

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