




Gwinnett Aquatics Winter Holiday Training Schedule 2023-24

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---|--|--|--|--|---------------------|
| 12/18 Sr1 8:15-10a & 3:00-6:00p Sr2 & Sr3 2:30-5:00p Prep/Jr 6:15-8:30p Gold/Blue 5:30-7:00p Pre-Team 5:15-6:00p | 12/19 Sr1 8:30-11:00a Sr2 & Sr3 7:30-9:00a & 2:30-5p P1 10:45a-12:15p Prep/Jr 5:45-8:00p Blue 5:00-6:30p | 12/20 Sr1 8:15-10a & 3:00-6:00p Sr2 & Sr3 2:30-5:00p Prep 9:15-11:45a Jr 6:00-8:00p Gold 5:30-7:00p Pre-Team 5:00-5:45p | 12/21 Sr1 3:00-6:00p Sr2 & Sr3 7:30-9:00a & 2:30-5p P1 8:45-10:30a Prep 6:15-8:30p Blue 5:00-6:30p | 12/22 Sr1 8:15-10a & 3:00-6:00p Sr2 7:30-9:00a & 2:30-5:00p Sr3 2:30-5:00p Prep/Jr 6:15-8:30p Gold 5:30-7:00 | 12/23 Sr1 8:00-10:30a Sr2 & Sr3 7:00-9:15a Prep/Jr 10:45a-1:00p Gold/Blue 10:00a-11:30a | 12/24 Off |
| 12/25 Merry Christmas!  | 12/26 Sr1 8:15-10a & 3:00-6:00p Sr2 & Sr3 7:30-9:00a & 2:30-5p P1 9:45am-11:15a Prep/Jr 6:15-8:30p Gold/Blue 5:30-7:00p | 12/27 Sr1 8:15-10a & 3:00-6:00p Sr2 & Sr3 2:30-5:00p Prep 9:15-11:45a Jr 6:00-8:00p Gold 5:30-7:00p Pre 5:00-5:45p | 12/28 Training Trip 7:30a-9:30a; - Leave at 10:30a Sr1, 2 & 3 9:30a-11a & 3:00-6:00p Prep 8:00-9:30a & 5:45-8:00p Jr 5:45-8:00p Blue 5:00-6:30p | 12/29 Sr1, 2 & 3 8:00-9:30a & 2:45-5:45p Prep/Jr 6:00-8:15p Gold 5:15-6:45 Pre 5:00-5:45p | 12/30 Sr1, 2 & 3 7:30-10:00a Prep/Jr 10:15a-12:30p Blue/Gold 9:30-11:00a | 12/31 Off |
| 1/1/2024 Happy New Year! Sr1, 2 & 3 4:00p-6:30p Prep 1:45p-4:00p | 1/2/2024 Sr1, 2 & 3 2:45-5:45p Prep/Jr 6:00-8:15p Gold/Blu 5:15-6:45 | 1/3/2024 Training Trip 4:45pm-5:45pm Sr1, 2 & 3 8:00-9:30a & 2:45-5:45p Prep/Jr 6:00-8:15p Gold 5:15-6:45 Pre 5:00-5:45p | 1/4/2024 Regular schedule resumes | | | |