



# 2022-2023 Sparks Piranhas Short Course Practice Schedule

Beginning Tuesday, September 6, 2022



<u>Tier I</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Yellow</b>	5:00 - 5:30 pm S @ (A)	5:00 - 5:30 pm S @ (A)	5:00 - 5:30 pm S @ (A)	5:00 - 5:30 pm S @ (A)	OFF	OFF
<b>Yellow Adv</b>	5:30 - 6:15 pm S @ (A)	5:30 - 6:15 pm S @ (A)	5:30 - 6:15 pm S @ (A)	5:30 - 6:15 pm S @ (A)	OFF	OFF
<u>Tier II</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Junior I</b>	7:15 - 7:45 pm S @ (A)	7:15 - 7:45 pm S @ (A)	7:15 - 7:45 pm S @ (A)	7:15 - 7:45 pm S @ (A)	OFF	OFF
<b>Black</b>	4:00 - 5:00 pm S @ (A)	4:00 - 5:00 pm S @ (A)	4:00 - 5:00 pm S @ (A)	4:00 - 5:00 pm S @ (A)	4:00 - 5:00 pm D @ (F10)	OFF
<b>Junior II</b>	7:45 - 8:15 pm D @ (A) 8:15 - 8:45 pm S @ (A)	7:45 - 8:15 pm D @ (A) 8:15 - 8:45 pm S @ (A)	7:45 - 8:15 pm D @ (A) 8:15 - 8:45 pm S @ (A)	7:45 - 8:15 pm D @ (A) 8:15 - 8:45 pm S @ (A)	OFF	OFF
<b>Bronze</b>	6:15 - 7:15 pm S @ (A)	6:15 - 7:15 pm S @ (A)	6:15 - 7:15 pm S @ (A)	6:15 - 7:15 pm S @ (A)	4:00 - 5:00 pm D @ (F10)	OFF
<b>Silver</b>	7:15 - 8:15 pm S @ (A)	7:15 - 8:30 pm S @ (A)	7:15 - 8:15 pm S @ (A)	7:15 - 8:30 pm S @ (A)	4:00 - 5:00 pm D @ (F10)	10:00 - 11:00 am S @ (A)
<u>Tier III</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior</b>	7:45 - 8:45 pm D/S @ (A)	7:45 - 8:45 pm D/S @ (A)	7:45 - 8:45 pm D/S @ (A)	7:45 - 8:45 pm D/S @ (A)	3:30 - 4:30 pm D @ (F10)	10:00 - 12:00 pm S @ (A)
<b>Elite I</b>	7:15 - 7:45 pm S @ (A) 7:45 - 8:15 pm D @ (A)	5:45 - 6:45 pm D @ (F10) 7:15 - 7:45 pm S @ (A)	7:15 - 7:45 pm S @ (A) 7:45 - 8:15 pm D @ (A)	5:45 - 6:45 pm D @ (F10) 7:15 - 7:45 pm S @ (A)	3:30 - 4:30 pm D @ (F10)	10:00 - 11:00 am S @ (A)
<b>Gold</b>	7:15 - 8:45 pm S @ (A)	6:30 - 7:15 pm D @ (A) 7:15 - 8:45 pm S @ (A)	7:15 - 8:45 pm S @ (A)	6:30 - 7:15 pm D @ (A) 7:15 - 8:45 pm S @ (A)	4:00 - 5:00 pm D @ (F10)	10:00 - 12:00 pm S @ (A)
<u>Tier IV</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Elite II</b>	5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	7:15 - 8:45 pm S @ (A)	5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	7:15 - 8:45 pm S @ (A)	3:30 - 4:30 pm D @ (F10)	10:00 - 12:00 pm S @ (A)
<b>Varsity</b>	5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	3:30 - 4:30 pm D @ (F10)	10:00 - 12:00 pm S @ (A)
<b>Varsity+</b>	5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:45 - 6:45 am T.B.A. 5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:45 - 6:45 am T.B.A. 5:45 - 6:45 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	3:30 - 4:30 pm D @ (F10)	10:00 - 12:00 pm S @ (A)

A - Alf Sorensen Pool (1400 Baring Blvd)

S - Swim Only

D/S - Dryland, then Swim

F10 - Fitness for 10 (1575 E Lincoln Way, by Legends)

D - Dryland Only

S/D - Swim, then Dryland