



2023-2024 Sparks Piranhas Short Course Practice Schedule

Beginning Wednesday, August 16, 2023



Tier I		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow		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
Yellow Adv		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
Tier II		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior I		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
Junior II		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
Black		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
Bronze		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
Silver		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)
Tier III		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior		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)	3:45 - 4:45 pm D @ (F10)	10:00 - 12:00 pm S @ (A)
Gold		7:15 - 8:45 pm S @ (A)	6:30 - 7:10 pm D @ (A) 7:15 - 8:45 pm S @ (A)	7:15 - 8:45 pm S @ (A)	6:30 - 7:10 pm D @ (A) 7:15 - 8:45 pm S @ (A)	4:00 - 5:00 pm D @ (F10)	10:00 - 12:00 pm S @ (A)
Elite I		7:15 - 7:45 pm S @ (A) 7:45 - 8:15 pm D @ (A)	7:15 - 7:45 pm S @ (A) 7:45 - 8:15 pm D @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 7:45 pm S @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 7:45 pm S @ (A)	3:45 - 4:45 pm D @ (F10)	10:00 - 11:00 pm S @ (A)
Tier IV		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elite II		5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	7:15 - 8:45 pm S @ (A)	7:15 - 8:45 pm S @ (A)	3:45 - 4:45 pm D @ (F10)	10:00 - 12:00 pm S @ (A)
Varsity		5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	3:45 - 4:45 pm D @ (F10)	10:00 - 12:00 pm S @ (A)
Varsity+	am		6:00 - 7:00 am TBD		6:00 - 7:00 am TBD		
	pm	5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	5:40 - 6:40 pm D @ (F10) 7:15 - 8:45 pm S @ (A)	3:45 - 4:45 pm D @ (F10)	10:00 - 12:00 pm S @ (A)

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

(A) - Alf Sorensen Pool (1400 Baring Blvd)

S - Swim Only

D - Dryland Only

D/S - Dryland, then Swim

S/D - Swim, then Dryland