

SYNCHRO 2017-18 PRACTICE SCHEDULE

Monday LAWRENCE	Tuesday ANDOVER	Wednesday LAWRENCE	Thursday ANDOVER	Friday LAWRENCE	Saturday LAWRENCE	Sunday ANDOVER
	Synchro Splash 4:30-5:15 FP		Synchro Splash 4:30-5:15 FP			
	Novice 4:00-5:00 W 5:00-6:00 L		Novice 4:00-5:00 W 5:00-6:00 L			
	10U Intern 4:30-5:30 L 5:30-7:00 W			10U Intern 5:30-6:30 L 6:30-8:00 W		OPTIONAL 10U Intern 3:30-4:00 L 4:00-5:00 W
	11-12 Intern 4:00 - 5:00 L 5:00 - 6:30 W		11-12 Intern 5:00 - 6:00 L 6:00 - 8:00 W		11-12 Intern 12:00 -1:00 L 1:00 - 3:00 W	
12&U AG 5:30 - 6:30 L 6:30 - 8:30 W		12&U AG 5:30 - 6:30 L 6:30 - 8:00 W			12&U AG 12:00-1:00 L 1:00-3:00 W	12&U AG 1:00-2:00 L 2:00-4:00 W
		13&O Intern 5:30-6:30 L 6:30-8:30 W		13&O Intern 5:30-6:30 L 6:30-8:30 W		13&O Intern 1:00-2:00 L 2:00-4:00 W
13-15 AG 5:30 - 6:30 L 6:30 - 8:30 W	13-15 AG 5:00 - 6:00 L 6:00 - 8:00 W		13-15 AG 5:00-6:00 L 6:00-8:00 W		13-15 AG 1:00-3:00 L 3:00-5:00 W	
OPTIONAL 16-19 5:30 - 6:30 L 6:30 - 8:30 W		16-19 5:30 - 6:30 L 6:30 - 8:30 W		16-19 5:30 - 6:30 L 6:30 - 8:30 W		16-19 3:00-4:00 L 4:00-6:00 W
OPTIONAL Juniors 5:30 - 6:30 L 6:30 - 8:30 W	Juniors 5:00 - 6:00 L 6:00 - 8:00 W		Juniors 4:00-7:00 W 7:00-8:00 L		Juniors 1:00-2:00 L 2:00-5:00 W	Juniors 2:00-3:00 L 3:00- 6:00 W