

# Christmas and New Year Training Schedule

Our regular practice schedule will continue through Sunday December 23, 2018.

Off Days: December 24, 25, 26

Condensed Practice schedule will occur: December 27, 28

Regular Practice times: Saturday December 29 and Sunday December 30

Off Days: December 31, January 1, 2

Condensed Practice schedule will occur: January 3, 4

Regular Practice times resume: January 5

The condensed practice schedule is as follows and are all at:

## **George Washington Recreation Center:**

Senior National: 10:30am-12:30pm

Junior National: 10:30am-12:00pm

Age Group 1: 10:30am-12:00pm

Age Group 2: 10:30am-11:45am

Age Group 3: 10:30am-11:45am

Age Group 4: 10:30am-11:30am

Special 1-day: 10:30am-11:30am

Shark School: 11:30am-12:30pm

Masters: 11:30am-12:30pm