

## **2020 Summer Schedule** - 1st day of Gwinnett summer vacation through July *All practices at Quinn Ridge. There may be some added long course practices.*

### **Blue Team\***

Monday, Wednesday 5:30pm-7:00pm;

Friday 5:15pm-6:45pm

Saturday 9:30am -11:00am

*\*practice will be 11:30am-12:45pm on days of league-wide GCSL meets (mostly Thurs).*

### **Gold Team**

Monday – Thursday\* 5:30pm-7:00pm;

Friday 5:15pm-6:45pm

Saturday 9:30am -11:00am

*\*practice will be 11:30am-12:45pm on days of league-wide GCSL meets (mostly Thurs).*

### **Junior Team**

Monday – Thursday\* 5:30pm-7:00pm;

Friday 5:15pm-6:45pm

Saturday 9:30am -11:00am

*\*practice will be 11:30am-12:30pm on days of league-wide GCSL meets (mostly Thurs).*

### **Prep Team**

Monday 9:15am-11:30am and 6:30pm-8pm (PM is P1 only);

Tues, Thurs 9:30am-11:45am/12:15pm

Wed 9:15am-11:45am \*8<sup>th</sup> Graders 10am-12:45pm (12-12:45 is learn to lift)

Friday 9:30am-11:00am (P1 only) & 5:45pm-8:00pm

Saturday 10:15am -12:30pm

### **Sr3**

Mon, Tues, Thurs 6:45am-9:15am

Wed 3:00pm-4:30pm

Fri 3:45pm-5:45pm

Sat 10:45am-1:230pm

### **Senior Team**

Mon 8:00-10:00am & 3:30pm-6:00pm

T, Th 8:00am-10:30am

Wed 8:00-11:00am & 4:30pm-6:00pm pm is SR1 only

Fri 8:00am-9:30am & 2:45pm-5:45pm

Sat 7:30am-11:00am