



Gwinnett Aquatics Holiday Training Schedule 2019-20

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12/23 Sr 8-930 & 215-515 (wts after) Sr3 930-11 & 3:15-5:45 (wts 1 st) Prep 930-11a* & 6-815p Pre 5:15-6:15 Bl/Gld/Jr 5:15-6:45	12/24 Sr 730-11 (wts) Sr3 1045-1230 Prep 1015-1230 Gld/Jr 930-11	12/25 Merry Christmas OFF	12/26 Sr 8-930 & 215-515p (wts after) Sr3 930-11a & 3:15-5:45 (wts 1 st) Prep 930-11a* & 6- 815p Pre 5:15-6:15 Bl/Gld 5:15-6:45 Jr Team 615-745	12/27 Sr 8-930 & 345-545p SR3 830-11a (wts 1 st) Prep 6-815p Bl/Gld 5:15-6:45p	12/28 Sr 730-1030 Sr3 1045-1230 Prep 1015-1230 Bl/Gld/Jr 930-11	12/29 OFF Training Trip Departs
12/30 Sr/Sr3 8-930 & 245-545 (wts) Prep 930-11a* & 6- 815p Pre 5:15-6:15 Bl/Gld 5:15-6:45 Jr Team 615-745	12/31 Sr/Sr3 730-11 (wts) Prep 1015-1230 Bl/Gld/Jr 930-11	1/1 Sr/SR3/ P1 4-7p	1/2 Sr/Sr3 8-930 & 345-545 Prep 6-815p Pre 5:15-6:15 Bl/Gld 5:15-6:45 Jr Team 615-745	1/3 Sr 8-1030 & 245-545 (wts) Sr3 245-545 (wts) Prep 930-11a* & 6 815p Gld/Jr 5:15-6:45p	1/4 Sr/Sr3 730-1030 Prep 1015-1230 Bl/Gld/Jr 930-11	1/5 OFF
1/6 Regular schedule resumes						

*=P1 only