

Surge Aquatics – Fall Practice Schedule

Starts September 2nd



Bronze

Day	Practice Time
Monday	4:30–5:15 PM
Tuesday	4:30–5:15 PM (Dryland 5:15–5:45)
Wednesday	4:30–5:15 PM
Thursday	4:30–5:15 PM (Dryland 5:15–5:45)
Friday	4:30–5:15 PM
Saturday	Off

Silver

Day	Practice Time
Monday	4:30–5:30 PM
Tuesday	4:30–5:15 PM (Dryland 5:15–5:45)
Wednesday	4:30–5:30 PM
Thursday	4:30–5:15 PM (Dryland 5:15–5:45)
Friday	4:30–5:30 PM
Saturday	Off

Gold

Day	Practice Time
Monday	5:00–6:45 PM (first 30 min dryland)
Tuesday	5:15–6:45 PM (first 15 min dryland)
Wednesday	5:00–6:45 PM (first 30 min dryland)
Thursday	5:15–6:45 PM (first 15 min dryland)
Friday	5:15–6:45 PM (first 15 min dryland)
Saturday	7:30–9:00 AM

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Surge 2

Day	Practice Time
Monday	6:45–8:30 PM (first 15 min dryland)
Tuesday	6:30–8:30 PM (first 30 min dryland)
Wednesday	6:45–8:30 PM (first 15 min dryland)
Thursday	6:30–8:30 PM (first 30 min dryland)
Friday	6:45–8:30 PM (first 15 min dryland)
Saturday	7:00–9:00 AM (Dryland 9:00–9:30)

Surge 1

Day	Practice Time
Monday	6:15–8:30 PM (first 30 min dryland)
Tuesday	6:30–8:30 PM (first 15 min dryland)
Wednesday	6:15–8:30 PM (first 30 min dryland)
Thursday	6:30–8:30 PM (first 15 min dryland)
Friday	6:15–8:30 PM (first 30 min dryland)
Saturday	7:00–9:00 AM (Dryland 9:00–9:30)

Surge HP

Day	Practice Time
Monday	5:00–7:00 PM (first 15 min dryland)
Tuesday	5:00–7:00 PM (first 15 min dryland, then Dryland 7:00–7:45 PM)
Wednesday	5:00–7:00 PM (first 15 min dryland)
Thursday	5:00–7:00 PM (first 15 min dryland, then Dryland 7:00–7:45 PM)
Friday	5:00–7:00 PM (first 15 min dryland)
Saturday	7:00–9:00 AM (Dryland 9:00–9:30)