

## **North Bay Aquatics**

**Summer Practice Schedule, Starting June 13th** 

Pre-Senior								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
RDWD	8:00 -	7:00 - 9:30am	8:00 -	7:00 -	7:00 -	10:00 -		
110 110	9:30am	& 2:00-3:30pm	9:30am	9:30am	9:00am	12:00pm		
Dryland	7:00 —		7:00 —			8:30 -		
Dryland	7:45am		7:45am			9:30am		

<sup>\*\*</sup>COM - College of Marin (Kentfield)

<sup>\*\*</sup>RDWD - Redwood High School,

<sup>\*\*</sup>Monday & Wednesday dryland is at Redwood High School. Saturday dryland is at COM

Senior								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
RDWD	7:30 -	7:00 - 9:30am	7:30 -	7:00 - 9:30am	7:00 –	10:00 -		
	9:30am	& 2:00-3:30pm	9:30am	& 2:00-3:30pm	9:00am	12:00pm		
Dryland	5:45 -		5:45 -			8:30 –		
Dryland	7:00am		7:00am			9:30am		

<sup>\*\*</sup>COM - College of Marin (Kentfield)
\*\*RDWD - Redwood High School,

Varsity (June 20 <sup>th</sup> – July 27 <sup>th</sup> )								
	Mon Tue Wed Thu Fri Sat Sun							
RDWD	9:30 -		9:30 -	2:15 -	7:30 -			
	10:45am		10:45am	3:30pm	9:00am			

<sup>\*\*</sup>RDWD - Redwood High School,

Master's								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
RDWD	5:45 -	5:45 -	5:45 -	5:45 -	5:45 -	7:15 -	7:15 -	
IND VVD	7:00am	7:00am	7:00am	7:00am	7:00am	8:30am	8:30am	
RDWD	9:30 -	9:30 -	9:30 -	9:30 -		8:30 -	8:30 -	
	10:45am	10:45am**	10:45am	10:45am**		9:45am	9:45am	

**RDWD - Redwood High School**\*\* Long Course Workout

<sup>\*\*</sup>All drylands are at COM