

North Bay Aquatics Youth Winter Practice Schedule
 Start Date TBD, Ends February 4th

| Pre-Senior | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------|------------|------------|------------|------------|------------|--------------|-----|
| College of Marin (COM) | 5:30-7:00p | 4:30-6:00p | 5:30-7:00p | 4:30-6:00p | 4:00-5:30p | | OFF |
| Redwood High School (RDWD) | | | | | | 10:00-12:00p | |
| Dryland (ALL @ COM) | 4:30-5:30p | | 4:30-5:30p | | | 8:30-9:30a | |

| Varsity | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------|------------|------------|------------|-----|-----|------------|--------------|
| College of Marin (COM) | | | | OFF | OFF | 8:15-9:30a | |
| Redwood High School (RDWD) | 5:45-7:00p | 5:45-7:00p | 5:45-7:00p | | | | 10:00-11:15a |

| Senior & National | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------|------------|----------------|------------|-----|--------------------|-----------|-----------|
| College of Marin (COM) | | | | OFF | 5:30-7:30p | | |
| Redwood High School (RDWD) | 5:30-6:45p | 5:30-7:30p | 5:15-7:00p | | | 10-12:30p | 10-12:30p |
| Dryland (ALL @ COM) | 5:45-7:00a | | 5:45-7:00a | | | 8-9:30a | |
| National Mornings | | 5:45-7am @ COM | | | 5:45-7:00am @ RDWD | | |