



SPARKS PIRANHAS AQUATICS PRACTICE SCHEDULE

Tier I	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)		
Yellow	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)		
Yellow Adv	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)	4:00 - 4:30 pm (AS)		
Tier II	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black	4:30 - 5:30 pm (AS)	4:30 - 5:30 pm (AS)	4:30 - 5:30 pm (AS)	4:30 - 5:30 pm (AS - d/s)	(HC)	
Bronze	4:30 - 5:30 pm (AS)	5:00 - 6:10 pm (AS - s/d)	4:30 - 5:30 pm (AS)	4:30 - 5:30 pm (AS)	(HC)	
Silver	4:30 - 5:30 pm (AS - d/s)	4:30 - 5:30 pm (AS - d/s)	5:00 - 6:00 pm (AS - d/s)	4:30 - 5:30 pm (AS)	(HC)	10:00 - 11:00 am (AS)
Tier III	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	(HC)	4:30 - 5:30 pm (AS)	4:00 - 5:30 pm (AS - d/s)	3:30 - 4:30 pm (AS - s/d)	4:00 - 5:00 pm (FFT)	10:30 - 11:30 am (AS)
Gold	4:00 - 5:15 pm (AS - d/s)	(HC)	3:30 - 5:00 pm (AS - d/s)	4:30 - 6:10 pm (AS - s/d)	4:00 - 5:00 pm (FFT)	11:00 - 12:00 pm (AS - d/s)
Tier IV	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elite	3:30 - 5:00 pm (AS - s/d/s)	3:30 - 5:00 pm (AS - s/d/s)	5:00 - 6:10 pm (AS)	5:30 - 6:30 am (optional FFT) 5:00 - 6:10 pm (AS - d/s)	4:00 - 5:00 pm (FFT)	10:00 - 11:00 am (AS - s/d)
Varsity - Gold	3:30 - 4:30 pm (AS) 5:00 - 6:00 pm (FFT) <i>1st Home Challenge (Monday or Tuesday)</i>	3:45 - 5:00 pm (FFT) 5:30 - 6:10 pm (AS)	3:30 - 4:30 pm (AS) 5:00 - 6:00 pm (FFT) <i>2nd Home Challenge (Wednesday or Thursday)</i>	5:30 - 6:30 am (FFT) 5:30 - 6:10 pm (AS)	3:30 - 4:30 pm (FFT)	9:45 - 10:50 am (AS)
Varsity - Black	3:45 - 5:00 pm (FFT) 5:30 - 6:10 pm (AS) <i>1st Home Challenge (Monday or Tuesday)</i>	5:30 - 6:30 am (FFT) 3:30 - 4:30 pm (AS)	3:45 - 5:00 pm (FFT) 5:30 - 6:10 pm (AS) <i>2nd Home Challenge (Wednesday or Thursday)</i>	3:30 - 4:30 pm (AS) 5:00 - 6:00 pm (FFT)	3:30 - 4:30 pm (FFT)	10:55 - 12:00 pm (AS)
Varsity - White	3:30 - 4:30 pm (AS) 5:00 - 6:10 pm (FFT) <i>Choose either Tuesday or Thursday morning Strength & Mobility session at FFT (5:30 - 6:30 am)</i>	3:30 - 4:30 pm (AS) 5:00 - 6:10 pm (FFT)	3:30 - 4:30 pm (AS) 5:00 - 6:10 pm (FFT)	3:30 - 4:30 pm (AS) 5:00 - 6:10 pm (FFT)	3:30 - 4:30 pm (FFT)	9:45 - 10:50 am (AS)

(AS) Alf Sorensen, 1400 Baring Blvd, Sparks **(FFT)** Fitness for 10, 1575 E. Lincoln Way, Sparks **(Legends)** **(HC)** Home Challenge

Home Challenge - coaches will send out a practice as well as a zoom meeting on that day.

Practice is swim, unless otherwise noted d/s = dryland, then swim *after* dryland s/d = swim, then dryland *after* swim s/d/s = swim, then dryland, then swim