

North Bay Aquatics Youth Fall Practice Schedule
 Start Date Sep 6th, End Date TBD (Early-Mid November)

Pre-Senior	Mon	Tue	Wed	Thu	Fri	Sat	Sun
College of Marin (COM)	6:00-7:45p	OFF	4:00-5:30p	5:00-7:00p	6:15-7:45p		OFF
Redwood High School (RDWD)						10:00-12:00p	
Dryland (ALL @ COM)	5:00-6:00p		5:30-6:30p			8:30-9:30a	

Varsity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
College of Marin (COM)	5:15-6:30p	OFF	5:30-6:45p	5:00-6:15p	OFF	8:15-9:30a	
Redwood High School (RDWD)							11:30-12:30p

Senior & National	Mon	Tue	Wed	Thu	Fri	Sat	Sun
College of Marin (COM)	5:15-6:30p	4:45-7:00p	5:30-7:30p	OFF	5:00-7:00p		
Redwood High School (RDWD)						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		