



2019-2020 Practice Schedule Juan de Fuca Recreation Competitive Programs

Green - JDF	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday @ SCP*
AM						6:30-8:00 am
PM	3:30-5:00 pm		3:30-5:00 pm		4:00-5:00 pm	
Dryland			5:15-5:45 pm			8:15-8:45 am

Blue - JDF	Monday	Tuesday	Wednesday	Thursday @ SCP*	Friday	Saturday @ SCP*
AM						6:30-8:00 am
PM	3:30-5:00 pm		3:30-5:00 pm	5:00 – 6:30 pm	4:00-5:00 pm	
Dryland			5:15-5:45 pm	4:15 – 5:00 pm		8:15-8:45 am

Black - JDF	Monday	Tuesday@ SCP	Wednesday	Thursday @ SCP*	Friday	Saturday @ SCP*
AM		5:30-7:00 am				6:30-8:00 am
PM	3:30-5:00 pm		3:30-5:00 pm	4:30-6:00 pm	4:00-5:00 pm	
Dryland			5:15-5:45 pm	3:45-4:30 pm		8:15-8:45 am

Modified Schedule November 12 – December 20

Green Group @ Westshore YMCA

Green	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday@SCP
AM						6:30-8:00 am
PM	3:30-5:00 pm		3:30-4:30 pm		3:30-5:00 pm	
Dryland						8:15-8:45 am

Blue Group @ Saanich Commonwealth Place

Blue	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			6:00-7:30 am			6:30-8:00 am
PM	4:00-5:00 pm			5:00-6:30 pm	4:00-5:30 pm	
Dryland	5:15-6:00 pm			4:15-5:00 pm		8:15-8:45 am

Black group @ Saanich Commonwealth Place

Black	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:00 am				6:30-8:00 am
PM	4:00-5:30 pm		4:00-5:30 pm	4:30-6:00 pm	4:00-5:30 pm	
Dryland	5:45-6:30 pm			3:45-4:30 pm		8:15-8:45 am