



2019-2020 Practice Schedule  
**Juan de Fuca Recreation**  
**Pre-Competitive Programs**  
*All programs to begin the week of September 16, 2019*

**Island Swim Skills (Bronze, Silver, Gold)**

<b>Bronze</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JDF ISSB - ME	4:30–5:15 pm				4:30–5:15 pm	
JDF ISSB - ML	5:15-6:00 pm				5:15-6:00 pm	

<b>Silver</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JDF ISSS - MWF	5:00-6:00 pm		5:00-6:00 pm		5:00-6:00 pm	

<b>Gold</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JDF ISSG - AM						8:00-9:00 am
JDF ISSG - PM	5:00-6:00 pm		5:00-6:00 pm		5:00-6:00 pm	

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**Modified Schedule November 12 – December 20**  
**All practices at the Westshore YMCA**

<b>Bronze</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JDF ISSB - ME	3:30–4:15 pm				3:30–4:15 pm	
JDF ISSB - ML	4:15-5:00 pm				4:15-5:00 pm	

<b>Silver</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JDF ISSS - MWF		4:00-5:00 pm	4:00-5:00 pm	4:00-5:00pm		

<b>Gold</b>	Monday	Tuesday	Wednesday	Thursday	Friday	<b>Saturday @SCP</b>
JDF ISSG - AM						7:30-8:30 am
JDF ISSG - PM		4:00-5:00 pm	4:00-5:00 pm	4:00-5:00 pm		