

## Island Swimming Club 2020/ 21

### Wave 1 & 2 September Pool and Dryland Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Practice		5:30 – 7:00 am  <b>Pod 1</b> <b>Pod 5</b>		5:30 – 7:00 am  <b>Pod 3</b> <b>Pod 6</b>		5:30 – 7:00 am  <b>Pod 2</b> <b>Pod 4</b> <b>Pod 5</b>	7:00 – 9:00 am  <b>Pod 1</b>
Afternoon Practice	3:45 – 5:15 pm  <b>Pod 2</b> <b>Pod 4</b>	3:45 – 5:15 pm  <b>Pod 3</b> <b>Pod 6</b>	3:45 – 5:15 pm  <b>Pod 2</b> <b>Pod 4</b>	3:45 – 5:15 pm  <b>Pod 1</b> <b>Pod 5</b>	3:45 – 5:15 pm  <b>Pod 3</b> <b>Pod 6</b>		
Dryland at Elk/ Beaver Lake	5:45 – 6:45 pm  <b>Wave 1</b> <b>(Pods 1, 2, 3)</b>	5:45 – 6:45 pm  <b>Wave 2</b> <b>(Pods 4, 5, 6)</b>		5:45 – 6:45 pm  <b>Wave 2</b> <b>(Pods 4, 5, 6)</b>	5:45 – 6:45 pm  <b>Wave 1</b> <b>(Pods 1, 2, 3)</b>		