Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00 Lowtide 1:00-2:15 Riptide 2:15-2:45 Tidepool 2:45-3:45 Waves 3:45-5:45 Force 3:45-5:45 Force Prep	5:30-6:30 PM Force Prep 6:30-7:30 PM Riptide 7:30-9:00 PM Force Ripples A 6:30-7:15 PM Ripples B 7:15-8:00 PM Ripples C 8:00-8:45 PM	4:00-5:30 PM Force Prep 6:00-6:45 PM Tidepool A 6:45-7:30 PM Tidepool B 7:00-8:00 PM Lowtide 8:00-9:00 PM Force	5:30-6:30 Lowtide PM Force 6:30-8:00 PM Force 8:00-9:00 PM Force Prep	4:00 5:00 PM Waves 5:00-5:45 PM Ripples 7:00-7:45 PM Riptide 7:45-9:00 PM Force	4:00-5:30 PM Force 5:30-6:30 PM Waves 7:30-9:00 PM Force Prep	7-7:45 AM Ripples 7:45-9 AM Riptide

Practices in red are at the Natelli Family YMCA.
Practices in black are at the downtown YMCA.