

B-S-G-N Practice Schedule

At OPRF

This Week Reminder:

Friday (4/11): G/N: 3:30-5:30 WEST & B/S: 5:30-7:30pm WEST

Saturday (4/12): B: 8-9am WEST, S/G/N: 9-10:30am WEST

**For the WEST pool practices, swimmers may be dropped off and picked up at the west end (near football stadium) of the alley between the school and parking garage.

Next Week: April 14-19

	Mon	Tue	Wed	Thur	Fri	Sat
<i>National</i>	3:30-5:30pm @ EAST	6-7am @ OPRF dryland 7-9pm @ EAST	7:30-9pm @ EAST	6-7am @ OPRF dryland 7-9pm @ WEST	3:30-5:30pm @ EAST	9-11am EAST
<i>Gold</i>	3:30-5:30pm @ EAST	7-9pm @ EAST	7:30-9pm @ EAST	7-9 pm @ WEST	3:30-5:30pm @ EAST	9-11am EAST
<i>Silver</i>	6-7:30pm Dryland/class room @ OPRF	6-7:30pm @ EAST	6:45-7:30pm – parent & swimmer meeting @ OPRF	6-7:30pm @ WEST	5:30-7:30pm @ EAST	9-11 am EAST
<i>Bronze</i>	No practice	6-7:30pm @ EAST	Dryland @ YMCA 6-6:45pm	6-7:30pm @ WEST	5:30-7pm @ EAST	8-9am EAST

Eric Meyer
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The Oak Park Swimmers
West Cook YMCA