

Battery Park City AGUA Masters Practice Schedule - August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				August 1	August 2	August 3
				Stretch	Stroke/IM	Varied
				5:45am-7am Rafa	5:45am-7am Rafa	7am-8am Rafa
				12pm-1pm Rafa	12pm-1pm Rafa	
				7:30pm-8:30pm Hannah		
August 4	August 5	August 6	August 7	August 8	August 9	August 10
	Distance	Kick/Pull	Stroke/IM	Stretch	Sprint	Varied
		5:45am-7am Rafa		5:45am-7am Rafa	5:45am-7am Rafa	7am-8am Charley
	12pm-1pm Rafa	12pm-1pm Rafa	12pm-1pm Rafa	12pm-1pm Rafa	12pm-1pm Rafa	
		7:30pm-8:30pm Charley		7:30pm-8:30pm Charley		
August 11	August 12	August 13	August 14	August 15	August 16	August 17
	Distance	Kick/Pull	Stroke/IM	Stretch	Sprint	Varied
		5:45am-7am Rafa		5:45am-7am Rafa	5:45am-7am Rafa	7am-8am Rafa
	12pm-1pm Rafa	12pm-1pm Rafa	12pm-1pm Rafa	12pm-1pm Rafa	12pm-1pm Rafa	
		7:30pm-8:30pm Charley		7:30pm-8:30pm Julie		
August 18	August 19	August 20	August 21	August 22	August 23	August 24
No practices - annual pool shutdown - practice resumes September 3						
August 25	August 26	August 27	August 28	August 29	August 30	August 31
No practices - annual pool shutdown - practice resumes September 3						

Schedule subject to change