

Upper East Side AGUA Masters Practice Schedule - August 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				August 1	August 2	August 3
				Stretch	Stroke/IM	Varied
					5:30am-7:00am	6am-8am
					Craig/Sarida	Isla/Julie
				12pm-1pm	12pm-1pm	
				Hannah	Craig	
				7:30pm-8:30pm		
				Isla		
August 4	August 5	August 6	August 7	August 8	August 9	August 10
Technique	Distance	Kick/Pull	Stroke/IM	Stretch	Sprint	Varied
7am-8am	5:30am-7:00am		5:30am-7:00am		5:30am-7:00am	6am-8am
Isla	Jessie/Sarida		Jessie		Sarida	TBA
	12pm-1pm	12pm-1pm	12pm-1pm	12pm-1pm	12pm-1pm	
	Craig	Matt H.	Diana	Diana	Matt H.	
	7:30pm-8:30pm	7:30pm-8:30pm		7:30pm-8:30pm		
	Craig	Sarida		Nate		
August 11	August 12	August 13	August 14	August 15	August 16	August 17
Technique	Distance	Kick/Pull	Stroke/IM	Stretch	Sprint	Varied
7am-8am	5:30am-7:00am		5:30am-7:00am		5:30am-7:00am	6am-8am
Sarida	Jessie/Sarida		Craig/Jessie		Craig/Sarida	Craig/Julie
	12pm-1pm	12pm-1pm	12pm-1pm	12pm-1pm	12pm-1pm	
	Craig	Craig	Diana	Diana	Craig	
	7:30pm-8:30pm	7:30pm-8:30pm		7:30pm-8:30pm		
	Craig	Nate		Nate		
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