

**OPST 2024-2025 Short Course Season Practice Schedule**

**Practices at Sports Core Pool beginning week of September 1, 2024**

**Copper**

Tuesday & Thursday	5:15pm - 6:00pm
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**Bronze 2**

Tuesday & Thursday	6:00pm - 7:15pm
Saturday	9:00am - 10:00am

**Bronze 4**

Monday & Wednesday	6:00pm - 7:15pm
Friday	6:45pm - 8:00pm
Saturday	9:00am - 10:00am

**Silver 1**

Tuesday & Thursday	7:00pm-8:30pm
Friday	6:45-8:15pm
Saturday	8:45-10:00am

**Silver 2**

Monday	7:00pm - 9:00pm
Wednesday	7:00pm - 8:45pm
Friday	6:00pm- 7:45pm
Saturday	7:00am - 8:45am

**Titanium (10 weeks, last OPST practice Sat, 11/9/24)**

Tuesday & Thursday	3:45pm-5:15pm
Saturday	7:00am - 8:45am

**Gold Crossover**

Monday	7:00 pm - 9:00 pm
Tuesday, Thursday	7:00pm-8:45pm
Friday	5:00 pm -6:45 pm
Saturday	7:00am-9:00am

**Gold**

Monday, Tuesday, Wednesday, Thursday	7:00pm - 9:00pm
Friday	5:00pm-6:45pm
Saturday	7:00am - 9:00am

**Hammerhead Pups Group 1**

Monday	5:30pm - 6:00pm
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**Hammerhead Pups Group 2 (m)**

Monday	6:00pm - 6:30pm
Saturday*	9:00am - 9:30am or 9:30am - 10:00am

**Hammerhead Pups Group 2 (w5)**

Wednesday	5:30pm - 6:00pm
Saturday*	9:00am - 9:30am or 9:30am - 10:00am

**Hammerhead Pups Group 2 (w6)**

Wednesday	6:00pm - 6:30pm
Saturday*	9:00am - 9:30am or 9:30am - 10:00am

\*Pups 2 - Swimmers will be assigned a Saturday time slot of 9:00 OR 9:30 after registration is complete based on best placement for the swimmer