

**2023-2024 Dolphin Club / RVDC Practice Schedule - Sept. 5, 2023 - June 2, 2024**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Level 1 Dolphin Group</b>	2:45-3:45pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
<b>Level 2 Wahoo Group</b>	3:45-5:00pm	5:00-6:15pm	5:00-6:15pm	5:00-6:15pm	5:00-6:15pm		
<b>Level 3 Sailfish Group</b>	5:00-6:45pm	6:15-8:00pm	6:00-7:30am & 6:15-8:00pm	6:00-7:30am & 6:15-8:00pm	6:00-7:30am & 6:15-8:00pm		

**AM practices by invitation only**

**DC & RVDC June 3 - July 24, 2024 (tentative - could change based on our numbers)**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Level 1</b>		4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm		
<b>Level 2</b>		4:30-5:45pm	4:30-5:45pm	4:30-5:45pm	4:30-5:45pm	4:00-5:15pm	
<b>Level 3</b>		5:30-7:30pm	6:00-7:30am & 5:30-7:30pm	6:00-7:30am & 5:30-7:30pm	6:00-7:30am & 5:30-7:30pm	4:30-6:00pm	

**GRAL Meet Dates: 6/5, 6/12, 6/18, 6/26, 7/2, 7/9 on Tuesday's & Wednesday's**

**GRAL CHAMPIONSHIP Dates: July 20th & 21st at CSAC, 5050 Ridgedale Pkwy, Richmond, VA**

**NO PM PRACTICE ON MEET DAYS for RVDC SWIMMERS / AM practices by invitation only**

**Last Practice for RVDC is July 8th if your athlete does not qualify for GRAL Championships**