

RVDC Practice Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
At JCC						
May 19 - May 30						
10 & unders	2:45 - 3:45	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	
11 & overs	3:45 - 5:00	5:00 - 6:15	5:00 - 6:15	5:00 - 6:15	5:00 - 6:15	
At JCC						
June 2 - July 7						
10 & unders		4:30 - 5:30	4:30 - 5:30	4:30 - 5:30	4:30 - 5:30	
11 & overs		4:30 - 5:45	4:30 - 5:45	4:30 - 5:45	4:30 - 5:45	
At Hilbert						
June 2 - July 7		8:15 - 9:15 am		8:15 - 9:15 am		8:15 - 9:15 am
all ages welcome						

*there will be no PM practice when there is a swim meet