

## QuickSilver Fall 2024 Practice Schedule

\*\*\* Updated 7/24/24 \*\*\*

Age	Group Level	Gunderson (GHS)	Pinehurst (PH)	Presentation <i>M/W/F only</i> <i>Tu/Th @ PH</i>	Almaden Swim & Racquet (ASRC)	Silver Creek Valley CC (SCVCC) <i>Members only</i>
10 & Under	Lil Q	5:45- 6:10 PM			3:30- 3:55 PM	3:15- 3:40 PM
	Age Group 1 - 8 & U	5:30- 6:15 PM			4:00- 4:45 PM	3:30- 4:15 PM
	Age Group 2 - 8 & U	5:30- 6:15 PM			4:00- 4:45 PM	3:30- 4:15 PM
	Age Group 1 - 9-10	5:00- 5:45PM			4:45- 5:30 PM	4:15- 5:00 PM
	Age Group 2 - 9-10	5:00- 5:45 PM			4:45- 5:30 PM	4:15- 5:00 PM
	Age Group 3	5:40- 6:30 PM			5:30- 6:20 PM	5:00- 6:00 PM
	Age Group 4	6:30- 7:30 PM				5:00- 6:00 PM
	Age Group 5	6:15- 7:30 PM				
11-12	Bronze 1	6:30- 7:30 PM*		MWF 6:15- 7:30 PM @ PRES* Tu/Th 4:00- 5:00 PM @ PH*	6:20- 7:20 PM*	4:15- 5:00 PM
	Bronze 2	6:30- 7:30 PM*	5:00- 6:00 PM		6:20- 7:20 PM*	6:00- 7:30 PM*
	Bronze 3		6:00- 7:15 PM			6:00- 7:30 PM*
	Bronze 4	3:40- 5:00 PM				6:00- 7:30 PM*
	Bronze 5	3:45- 5:20 PM				
13-14	Silver 1	6:30- 7:30 PM*		MWF 6:15- 7:30 PM @ PRES* Tu/Th 4:00- 5:00 PM @ PH*	6:20- 7:20 PM*	6:00- 7:30 PM*
	Silver 2	6:30- 7:30 PM*	4:00- 5:00 PM	MWF 6:15- 7:30 PM @ PRES* Tu/Th 4:00- 5:00 PM @ PH*	6:20- 7:20 PM*	6:00- 7:30 PM*
	Silver 3	6:15- 7:30 PM				6:00- 7:30 PM*
	Silver 4	5:35- 7:15 PM				6:00- 7:30 PM*
	Silver 5	3:45- 5:30 PM				
	Gold 1		5:00- 6:00 PM	MWF 6:15- 7:30 PM @ PRES* Tu/Th 5:00- 6:00 PM @ PH*		6:00- 7:30 PM*
	Gold 2		5:00- 6:00 PM	MWF 6:15- 7:30 PM @ PRES* Tu/Th 5:00- 6:00 PM @ PH*		6:00- 7:30 PM*
	Gold 3	3:30- 5:00 PM 5:35- 7:15 PM*				6:00- 7:30 PM*
	Gold 4	3:45- 5:35 PM				6:00- 7:30 PM*
Gold 5	3:45- 5:35 PM					