

2023-2024 RSA at the Bluffs Weekly Practice Schedule, effective April 29, 2024 Through May 5, 2024

| PRACTICE GROUP | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------|------------------|----------------------|----------------------|----------------------|----------------------|--|-------------------------|
| | Indicates Change | | | | | All practices at Sonner | All practices at Sonner |
| Minnow | | 5:15pm-6:15pm | | 5:45pm-6:45pm | | 11:00am-1:00pm Dive Into Summer Mock Meet | |
| Bluegill | 6:00pm-7:15pm | 5:45pm-7:00pm | 6:15pm-7:30pm | | 6:00pm-7:15pm | | |
| Dryland | 5:30pm-6:00pm | | | | 5:30pm-6:00pm | | |
| Sunfish | 5:15pm-6:15pm | | 5:30pm-6:30pm | 5:15pm-6:15pm | 5:30pm-6:30pm | | |
| Dryland | | | 5:15pm-5:30pm | | 5:15pm-5:30pm | | |
| Bowfin | 7:15pm-8:45pm | 7:00pm-8:30pm | 7:30pm-8:45pm | 6:45pm-8:15pm | 7:15pm-8:45pm | | |
| Dryland | | | 7:00pm-7:30pm | | | | |
| Redtail | 4:00pm-5:30pm | 4:00pm-5:45pm | 4:00pm-5:30pm | 4:00pm-5:45pm | 4:00pm-5:30pm | | |
| Dryland | | | 5:45pm-6:15pm | | | | |
| Bass | 3:00pm-4:00pm | 3:00pm-4:00pm | 3:00pm-4:00pm | 3:00pm-4:00pm | 3:00pm-4:00pm | | |
| Dryland | | | 4:15pm-4:45pm | | | | |
| Senior Onyx | | 5:00am-6:30am Sonner | 5:00am-6:30am Sonner | 5:00am-6:30am Sonner | 5:00am-6:30am Sonner | | |
| | 3:00pm-4:45pm | 3:00pm-4:30pm | 3:00pm-4:30pm | 3:00pm-4:45pm | | | |
| Dryland | | 4:30pm-5:15pm | | | | | |

Please note the practice schedule for all groups is subject to change based on season, taper and meet schedules. 4/25/24lh