

2023-2024 Sonner Weekly Practice Schedule, effective October 2, 2023 through October 8, 2023

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Indicates Change						
Barracuda	6:00pm-7:45pm	5:30pm-7:15pm	6:30pm-8:15pm	5:15pm-6:45pm	7:30pm-9:00pm		
Dryland		5:00pm-5:30pm	5:45pm-6:15pm	7:00pm-7:30pm			
Blackfin 1	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm		
Dryland		4:00pm-4:30pm		4:00pm-4:30pm			
Blackfin 2	8:00pm-9:00pm	8:15pm-9:15pm	3:00pm-4:00pm	7:45pm-8:45pm	7:45pm-8:45pm		
Dryland	7:30pm-8:00pm	7:45pm-8:15pm					
Cobia	7:45pm-9:15pm	4:30pm-6:00pm	4:30pm-6:00pm	7:30pm-9:15pm	6:00pm-7:45pm		
Dryland		6:15pm-6:45pm	6:15pm-6:45pm		7:45pm-8:15pm		
Dolphin		7:15pm-8:30pm	5:30pm-6:30pm	6:45pm-7:45pm	5:30pm-6:30pm		
Dryland			6:45pm-7:15pm	6:00pm-6:30pm			
Jack 1	5:15pm-6:15pm		6:00pm-7:00pm	6:45pm-7:45pm			
Dryland	5:00pm-5:15pm		5:30pm-5:45pm				
Jack 2		7:15pm-8:15pm	6:00pm-7:00pm	7:45pm-8:45pm			
Dryland			5:30pm-5:45pm	7:30pm-7:45pm			
Mackerel	7:45pm-9:15pm	4:30pm-6:00pm	4:30pm-6:00pm	7:30pm-9:00pm	6:00pm-7:30pm		
Dryland	7:00pm-7:30pm		6:15pm-6:45pm		7:45pm-8:15pm		
Mako	7:45pm-9:00pm		8:00pm-9:15pm		7:45pm-9:00pm		
Dryland	7:00pm-7:30pm		7:15pm-7:45pm				
Nova	5:15pm-6:15pm		5:30pm-6:30pm		5:30pm-6:30pm		
Dryland	5:00pm-5:15pm				5:15pm-5:30pm		
PreSenior	4:00pm-6:00pm	7:30pm-9:00pm	4:00pm-5:30pm	4:00pm-6:00pm	4:00pm-6:00pm		
Dryland	6:15pm-6:45pm	6:45pm-7:15pm			6:15pm-6:45pm		
Seahorse 1		5:00pm-5:45pm		5:00pm-5:45pm		Swim Meet at Sonner 11:00am-1:00pm	
Seahorse 2		6:50pm-7:35pm		6:50pm-7:35pm		Swim Meet at Sonner 11:00am-1:00pm	

SeaStar 1		6:00pm-6:45pm		6:00pm-6:45pm		Swim Meet at Sonner 11:00am-1:00pm	
SeaStar 2		6:45pm-7:30pm		6:45pm-7:30pm		Swim Meet at Sonner 11:00am-1:00pm	
Senior Gold		5:00am-6:30am	5:00am-6:30am	5:00am-6:30am	5:00am-6:30am		
	3:15pm-5:15pm	3:30pm-5:30pm		3:15pm-5:15pm	3:30pm-5:30pm		
Dryland	5:30pm-6:15pm		3:30pm-4:30pm		5:30pm-6:15pm		
Senior Silver		5:00am-6:30am		5:00am-6:30am	5:00am-6:30am		
	3:00pm-4:00pm	3:00pm-4:30pm	3:00pm-4:30pm	3:00pm-4:00pm	3:00pm-4:00pm		
Dryland	4:15pm-5:00pm		4:45pm-5:30pm		4:15pm-5:00pm		
Tarpon Early		T/H: 2:00pm-2:45pm		T/H: 2:00pm-2:45pm			
Tarpon Late	M/W: 5:00pm-5:45pm		M/W: 5:00pm-5:45pm				
Tarpon Evening		T/H: 6:00pm-6:45pm		T/H: 6:00pm-6:45pm			
Wahoo	6:15pm-7:45pm	6:00pm-7:30pm	7:00pm-8:30pm	6:00pm-7:30pm	6:30pm-7:45pm		
Dryland		5:30pm-6:00pm		5:30pm-6:00pm			

Note schedule is subject to change at any time. Rev 9/28/23llh