

2024 – 2025
ODAC Short Course Practice Schedule
 (as of August 2024)

Senior Program (13-overs) – Honey Bee Pool

<u>Group</u>	<u>Times</u>	<u>Days</u>	<u>Venue</u>
Senior Two	4:30 pm – 6:30 pm	Monday through Friday	Honey Bee
	7:00 am – 9:30 am	Saturday	Honey Bee
Senior Three	7:15 pm – 8:15 pm	Monday and Wednesday	Honey Bee
	6:30 pm – 8:00 pm	Tuesday, Thursday, Friday	Honey Bee
	9:45 am – 11:15 am	Saturday	Honey Bee

Age Group Program (12-unders) – Honey Bee Pool

<u>Group</u>	<u>Times</u>	<u>Days</u>	<u>Venue</u>
11-12	7:15 pm – 8:15 pm	Monday and Wednesday	Honey Bee
	6:30 pm – 8:00 pm	Tuesday, Thursday, Friday	Honey Bee
	9:45 am – 11:15 am	Saturday	Honey Bee
9-10	6:30 pm – 7:30 pm	Monday and Wednesday	Honey Bee
	7:15 pm – 8:15 pm	Tuesday, Thursday, Friday	Honey Bee
	9:45 am – 11:15 am	Saturday	Honey Bee
Super Squad Blue	6:30 pm – 7:15 pm	Monday through Friday	Honey Bee
Super Squad Yellow	6:30 pm – 7:15 pm	Monday, Wednesday, Fri.	Honey Bee

2024 – 2025
ODAC Short Course Practice Schedule
 (as of August 2024)

Senior Program (13-overs) – Great Bridge Pool

<u>Group</u>	<u>Times</u>	<u>Days</u>	<u>Venue</u>
Senior One*	4:15 pm – 7:15 pm	Monday through Friday	Great Bridge
	7:00 am – 9:30 am	Saturday	Great Bridge
Senior Three	7:15 pm – 8:15 pm	Monday and Wednesday	Great Bridge
	6:30 pm – 8:00 pm	Tuesday, Thursday, Friday	Great Bridge
	9:45 am – 11:15 am	Saturday	Great Bridge

(* Senior One Group will also have 2 morning weight room practices offered during the week.)

Afternoon Age Group Program (12-unders) – Great Bridge Pool

<u>Group</u>	<u>Times</u>	<u>Days</u>	<u>Venue</u>
9-10	3:15 pm – 4:15 pm	Monday through Friday	Great Bridge
	9:45 am – 11:15 am	Saturday	Great Bridge
Super Squad Blue	3:30 pm – 4:15 pm	Monday through Friday	Great Bridge
Super Squad Yellow	3:30 pm – 4:15 pm	Monday, Wednesday, Fri.	Great Bridge

Evening Age Group Program (12-unders) – Great Bridge Pool

<u>Group</u>	<u>Times</u>	<u>Days</u>	<u>Venue</u>
11-12	7:15 pm – 8:15 pm	Monday and Wednesday	Great Bridge
	6:30 pm – 8:00 pm	Tuesday, Thursday, Friday	Great Bridge
	9:45 am – 11:15 am	Saturday	Great Bridge
9-10	6:30 pm – 7:30 pm	Monday and Wednesday	Great Bridge
	7:15 pm – 8:15 pm	Tuesday, Thursday, Friday	Great Bridge
	9:45 am – 11:15 am	Saturday	Great Bridge
Super Squad Blue	6:30 pm – 7:15 pm	Monday through Friday	Great Bridge
Super Squad Yellow	6:30 pm – 7:15 pm	Monday, Wednesday, Fri.	Great Bridge