

The Greenwich Marlins YMCA Swim Team

Fall/Winter Practice Schedule

SENIOR - 1	AM Swim	PM Swim	Dryland
Monday	5:30-7:00	4:00-6:00	
Tuesday		4:00-6:00	6:15 - 7:00 PM
Wednesday	5:30-7:00	4:00-6:00	
Thursday		4:00-6:00	6:15 - 7:00 PM
Friday	5:30-7:00	4:00-6:00	
Saturday	8:00-10:00		10:15 - 11:00 AM

JUNIOR - 1	Swim (PM)	Dryland
Monday	5:00-7:00	
Tuesday	5:00-7:00	
Wednesday	5:00-7:00	7:15-8:00 PM
Thursday	5:00-7:00	
Friday	5:00-7:00	
Saturday	8:00 -10:00 AM	10:15 -11:00 AM

NOVICE - 1	Swim (PM)	Dryland
Monday	4:00-5:00	
Tuesday		
Wednesday	4:00-5:00	
Thursday		
Friday	4:00-5:00	
Saturday	10:00-11:00 AM	11:15 AM -12:00

SENIOR - 2	AM Swim	PM Swim	Dryland
Monday		4:00-6:00	
Tuesday		4:00-6:00	6:15 - 7:00 PM
Wednesday	5:30-7:00	4:00-6:00	
Thursday		4:00-6:00	6:15 - 7:00 PM
Friday	5:30-7:00	4:00-6:00	
Saturday	8:00-10:00		10:15 - 11:00 AM

JUNIOR - 2	Swim (PM)	
Monday	5:00-7:00	
Tuesday	5:00-7:00	
Wednesday		
Thursday	5:00-7:00	
Friday	5:00-7:00	
Saturday	10:00 -12:00 AM	12:15 -1:00 PM

NOVICE - 2 & 3 - A	Swim (PM)	Dryland
Monday		
Tuesday	4:00-5:00	
Wednesday		
Thursday	4:00-5:00	
Friday		
Saturday	10:00 -11:00 AM	11:15 AM -12:00

SENIOR - 3	AM Swim	PM Swim	Dryland
Monday		4:00-6:00	
Tuesday		4:00-6:00	6:15 - 7:00 PM
Wednesday		4:00-6:00	
Thursday		4:00-6:00	6:15 - 7:00 PM
Friday		4:00-6:00	
Saturday	8:00-10:00		10:15 - 11:00 AM

JUNIOR - 3	Swim (PM)	
Monday	5:00-6:30	
Tuesday		
Wednesday	5:00-6:30	
Thursday		
Friday	5:00-6:30	
Saturday	10:00 -12:00 AM	12:15 -1:00 PM

NOVICE - 2 & 3 - B	Swim (PM)	Dryland
Monday	6:00-7:00	
Tuesday		
Wednesday	6:00-7:00	
Thursday		
Friday		
Saturday	11:00 AM -12:00	12:15 -1:00 PM

* Senior 3 Swimmers may switch from Friday PM to Friday AM practice to complement their HS training schedule

* Swimmers in each group are encouraged to attend as many practices as possible.

* Parents of Swimmers in Novice groups 2 & 3 may choose Practice Schedule A , B or C

* GRYM fitness professionals will conduct dry-land training sessions off pool deck.

NOVICE - 2 & 3 - C	Swim (PM)	Dryland
Monday		
Tuesday	6:00-7:00	
Wednesday		
Thursday	6:00-7:00	
Friday		
Saturday	11:00 AM-12:00	12:15 -1:00 PM