

**Dynamo – Chamblee – 2016 Thanksgiving Practice Schedule**

**Wednesday, November 23**

**Senior 1 7:00-9:30 AM swim 9:30-10:30 AM dryland**

**Senior 2 7:00-9:15 AM swim**

**Senor 3 Gold 7:00-9:00 AM swim only**

**Senior 3 Green 7:00-9:00 AM swim only**

**Age Group 1 Gold 9:15-11:15 AM swim**

**Age Group 1 Green 9:00-11:00 AM *swim only***

**Age Group 2 Gold 9:30-11:30 AM swim only**

**Age Group 2 Green 9:30-11:00 AM swim only**

**Age Group 3 Gold 9:30-11:00 AM swim only**

**Age Group 3 Green 11:00 AM – 12:00 PM**

**Home School See your coach for assigned practice group**

**Masters 5:45-7:15 AM only (no noon or evening workouts)**

**Thursday, November 24**

**Senior 1 8:00-10:00 AM swim only**

**Senior 2 8:00-10:00 AM swim only**

**Senor 3 Gold 8:00-10:00 AM swim only**

**Senior 3 Green 8:00-10:00 AM swim only**

**Age Group 1 Gold 8:00-10:00 AM swim only**

**Age Group 1 green OFF**

**Age Group 2 Gold OFF**

**Age Group 2 Green OFF**

**Age Group 3 Gold OFF**

**Age Group 3 Green OFF**

**Home School OFF**

**Masters OFF**

**Friday, November 25**

**Senior 1 7:00-9:30 AM swim 9:30-10:30 AM dryland**

**Senior 2 7:00-9:15 AM swim 9:15-10:00 AM dryland**

**Senor 3 Gold 7:00-9:00 AM swim only 9:15-10:00 AM dryland**

**Senior 3 Green 7:00-9:00 AM swim only**

**Age Group 1 Gold 9:15-11:15 AM swim**

**Age Group 1 Green 10:00 AM-12:00 PM swim only**

**Age Group 2 Gold 9:30-11:30 AM swim only**

**Age Group 2 Green 9:30-11:00 AM swim only**

**Age Group 3 Gold 9:30-11:00 AM swim only**

**Age Group 3 Green 11:00 AM – 12:00 PM**

**Home School See your coach for assigned practice group**

**Masters 5:45-7:15 AM only (no noon or evening workouts)**

**Saturday, November 26 - Regular schedule for all groups**