**Practice schedule for Swordfish Swim team**

**Short course season 2022-2023**

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| **SWIM****Starts 9/11/22****\*Subject to change as seen fit\*** | Monday | Tues | Wed | Thursday | Friday | Saturday | Sunday |
| Bronze | 5-6pm | OFF | 5-6pm | 5-6pm | 5-6pm | OFF | OFF |
| Silver 1 | 6-7pm | 5-630pm | OFF | 6-7pm | 6-730pm | OFF | OFF |
| Silver 2 | OFF | 6-730pm | 6-7:30pm | 6:30-8pm | 730-9pm | 830-930am | OFF |
| Gold 1 | 830-10pm | 630-8pm | 5:20-630am8:30-10pm | OFF | 5:20-6:30am8-930pm | 7am-830am | OFF |
| Gold 2 | 7-830pm | 5:20-6:30am8-9:45pm | 8:30-10pm | 8-9:30pm | 5:20-6:30amNo pm | 7-8:30am | OFF |

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| **DRYLAND****\*Subject to change****Starts on 10/3/22**  | Monday | Tuesday | Wed | Thursday | Friday | Saturday | Sunday |
| SILVER 1 |  |  |  | Fitness5-5:45pmgym |  |  |  |
| Silver 2 |  | Fitness5-5:45pmgym |  |  |  |  |  |
| Gold 1 | SPIN7:30-8:15pm |  |  |  | YOGA7-7:45pm |  |  |
| Gold 2 | YOGA6-6:45pm |  |  | SPIN7-7:45PM |  |  |  |