**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 | 5:20-630am  7:30-9pm | OFF | 5:20-6:30am  8-930pm | 7am-830am | OFF |
| Gold 2 | 7-830pm | 5:20-6:30am  8-9:45pm | 8:30-10pm | 8-9:30pm | 5:20-6:30am  No 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 |  |  |  | Fitness  5-5:45pm  gym |  |  |  |
| Silver 2 |  | Fitness  5-5:45pm  gym |  |  |  |  |  |
| Gold 1 | SPIN  7:30-8:15pm |  |  |  | YOGA  7-7:45pm |  |  |
| Gold 2 | YOGA  6-6:45pm |  |  | SPIN  7-7:45PM |  |  |  |