

Practice schedule for Swordfish Swim team
Short course season 2021- 2022

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bronze	5-6:00pm	OFF	5-6:00pm	5-6:00pm	5-6:00pm	OFF	OFF
Silver 1	6-7:00pm	5-6:30pm	6-7:00pm	OFF	7-8:30PM	OFF	OFF
Silver 2	6-7:00pm	6-7:30pm	7-8:30pm	OFF	7-8:30pm	8:15am-9:30am	OFF
Gold 1	8:30-9:50pm	6:30-8:00pm	8:30-9:50pm	6-7:30pm	5:20am-6:30am	7:00-8:30am	OFF
Gold 2	7-8:30pm	8:00-9:45pm	7-8:30pm	7:30-9pm	5:20am-6:30am	7:00am-8:30am	OFF

DRYLAND SCHEDULE EFFECTIVE WEEK OF MONDAY OCTOBER 11TH

MONDAY- GOLD 1- 7:30 PM-8:15 PM ROOMS 1 & 2

TUESDAY- GOLD 2- 7:00 PM- 7:45 PM ROOMS 1& 2

WEDNESDAY- GOLD 1- 7:30- 8:15 PM- -GYM

THURSDAY – GOLD 2- 6:30- 7:15 pm- SPIN STUDIO

FRIDAY- SILVER 1 & 2- 6:00 PM- 6:45 PM- GYM