

Tentative Practice Schedule (Subject to Change)

Swim Practices begin on Monday September 9, 2019 & **Dry land** on Monday, September 23, 2019. Dry land schedule and activity subject to change.

Group	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
BRONZE Pool	5:00-6:15 pm (6:00-6:15 Deep End Only)		5:00-6:15 pm (6:00-6:15 Deep End Only)	5:00-6:15 pm		4:30-5:45 pm	
SILVER 1 Dryland			5:45- 6:30 pm*				
Pool		5:00-6:30 pm	6:45-8:00 pm		5:00-6:00 pm	4:30-5:45 pm	8:30-10 am
SILVER 2 Dryland			5:45- 6:30 pm*				
Pool	7:00-8:15 pm	5:00-6:30 pm	6:45-8:15 pm		6:00-7:00 pm	4:30- 5:45 pm	
GOLD 1 Dryland		5:15-6:15 pm*			4:30- 5:15 pm*		
Pool	8:15-9:30 pm	6:30-8:00 pm	5:30-6:30 am	7:00-8:30 pm	5:30-7:00 pm	8:30-10 am	
GOLD 2 Dryland	6:00-6:45 pm *			7:00-7:45 pm Yoga			
Pool	7:00-8:30 pm	5:30-6:30 am 8:00-9:45 pm	8:00-9:45 pm	8:00-9:45 pm	5:30-6:30 am	7:00-8:30 am	Possibly some Sundays. TBA

All dryland held in rooms 1&2 unless * which denotes it will be held in the gym.