



**WATER RAT SWIM TEAM  
Dryland Schedule**

**Week of September 30 – December 22**

- I. Tuesday
  - a. Discovery I/II/III: 430-5pm – South Side
    - i. ALL 9-10 year olds
  - b. Senior I/II: 530-630pm – South Side
    - i. Top two practice groups – Ages 13-18
- II. Wednesday
  - a. Senior III: 545-615pm – South Side
    - i. Level 3 of 13 & Over – Ages 13-16
- III. Thursday
  - a. Challenger I/II: 545-615pm – South Side
    - i. ALL 11-12 year olds

**Proper Dryland Apparel: Shorts or workout pants, t-shirt and sneakers.**

- Failure to have the proper clothing will result in being unable to participate.

**Additional Items:**

- Water Bottle – Required
- Yoga Mat – Optional
- Spare Towel - Optional