YMCA of South Florida

*2019* FALL WESTON

YMCA PRACTICE SCHEDULES

*Starting August 12th, 2019*

*Subject to Revisions:*

***Recreational Track:***

***Y Swim***

Practice Times:

Monday – Wednesday – Friday:

Y Swim I (10 & under) 4:30 pm to 5:30 pm

Y Swim II (11 & Over) 5:30 pm to 6:30 pm

***Pre Swim Team***

Tuesday and Thursday:

Y Swim I (10 & under) 4:30 pm to 5:30 pm

Y Swim II (11 & Over) 5:30 pm to 6:30 pm

***Competitive Track:***

***YSF Barracudas Swim Team***

*Sizzler Team (8 & Under)*

Afternoon Practice Times:

Monday thru Friday

3:30 pm to 4:30 pm

***White Team (9&10)***

Afternoon Practice Times:

Monday thru Friday

4:30 pm to 5:30 pm

***Red Team (11 & 12)***

Afternoon Practice Times:

Monday thru Friday

5:30 pm to 7:00 pm

***Grey (13 – Middle School)***

Morning Practice Times:

Wednesday & Friday

5:15 am to 6:30 am

Afternoon Practice Times:

Monday thru Friday

5:30 pm to 7:30 pm

*Grey (14 – High School)*

Morning Practice Times:

Wednesday & Friday

5:15 am to 6:30 am

Afternoon Practice Times:

Monday thru Friday

3:30 pm to 5:30 pm

*Black Team (15 & Over)*

Morning Practice Times:

Wednesday & Friday

5:15 am to 6:30 am

Afternoon Practice Times:

Monday thru Friday

3:30 pm to 5:30 pm

*National Team (13 & Over)*

Morning Practice Times:

Wednesday & Friday

5:15 am to 6:30 am

Afternoon Practice Times:

Monday thru Friday

3:30 pm to 5:30 pm