

Dynamo – Chamblee
Summer Practice Schedule – Effective: TBA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR1	7-9 AM swim 2:45-3:45 PM dryland 3:45-5:15 PM swim	7-9 AM swim	7-9 AM swim 2:45-3:45 PM dryland 3:45-5:15 PM swim	7-9 AM swim	7-9 AM swim 2:45-3:45 PM dryland 3:45-5:15 PM swim	7-9:30 AM swim
SR2	6:45-9 AM swim 3:45-5 PM dryland 5-6:30 PM swim	6:45-9:15 AM swim	7-8:15 AM dryland 4:15-6:30 PM swim	6:45-9 AM swim 3:45-6 PM swim	6:45-9:15 AM swim	8:15-9:30 AM dryland 9:30-11:45 AM swim
SR3GD	7:30-8:45 AM dryland 2:45-5 PM swim	6:45-9 AM swim	6:45-8:30 AM swim 2:45-5 PM swim	7-10 AM swim & dryland	6:45-9 AM swim	7-7:45 AM dryland 7:45-10 AM swim
SR3GR	6-7:45 AM	12-1:45 PM	6-7:45 AM 5:15-7 PM	2-3:45 PM	6-7:45 AM 4-5:45 PM	9:45-11:30 AM
AG1GD	6:30-8:15 PM	8_15-9 AM dryland 9-10:45 AM swim	5:15-7 PM swim	7-10 AM swim & dryland	8-9 AM dryland 9-10:45 AM swim	11:45-1:45 PM swim
AG1GR	3-4:30 PM	1:45-3:30 PM	3-4:30 PM	3:45-5:30 PM	5:45-7:30 PM	11:30 AM- 1 PM5:15- 6:30 PM
AG2GD	5-6:45 PM swim	9-10:30 AM swim	5-6:30 PM swim	10-11:30 AM swim 11:30-12:15 PM dryland	9-10:30 AM swim	10-11:30 AM swim 11:30-12:15 PM dryland
AG2GR	5:15-6:30 PM	9-10:30 AM	2:15-3:45 PM	3-4:30 PM	5-6:30 PM	1-2:30 PM
AG3GD	5:15-6:30 PM	OFF	10:30-11:45 AM	5-6:30 PM	5-6:30 PM	2:30-3:45 PM
AG3GR	6:30-7:30 PM	OFF	11:45 AM-12:45 PM	4-5 PM	4-5 PM	2:30-3:30 PM
OAK	<u>Not at Chamblee</u>	10:30-11:45 AM	<u>Not at Chamblee</u>	10:30-11:45 AM	<u>Not at Chamblee</u>	1:45-3 PM
HS	<i>See your coach for the correct practice group assignment.</i>					
Masters	5:45-7 AM swim 11:30-1 PM swim	5:45-7 AM swim	5:45-7 AM swim 11:30-1 PM SWIM	5:45-7 AM swim	5:45-7 AM swim 11:30-1 PM swim	6:15-7:45 AM swim