**HEAT Swim Team Fall / Winter Practice Schedule 2017-2018**

**This Schedule goes from Aug 28 through March 15**

There may be changes/cancelations during Holiday breaks.

We will email those details to you usually a few weeks prior.

**Group Day(s) Times Location**

1 Mon-Thurs 4:15-5:00pm YMCA

2 Mon-Thurs 5:00-6:00pm YMCA

Sunday 12:15-1:15 YMCA

3 Mon-Thurs 6:00-7:15pm YMCA

Friday 7:00-8:15pm YMCA

Sunday 12:15-1:30pm YMCA

4 Mon/Wed 7:15-8:45pm YMCA

Tues/Thur 7:50-9:20pm Centennial

Friday 7:00-8:30pm YMCA

Saturday 7:00-8:30am YMCA

Sunday 12:00-1:30pm Centennial

5 Mon/Wed 7:50-9:35pm Centennial

Tues/Thurs 7:15-9:15pm YMCA

Friday 7:00-8:45pm YMCA

Saturday 7:00-9:00am YMCA

Sunday 12:00-2:00pm Centennial

Tues/Thur 5:45-7:00am YMCA (dryland/weights)

Friday 5:45-7:00am YMCA (swim)

**Website: CCYMCAHEAT.com**