Practice Schedule 2/16/18 to 5/15/18

Sparks Tues/Thurs 4:15-4:45pm YMCA

(5:00-15 min optional additional time if desired)

Group 1 Mon-Thur 4:15-5:00PM YMCA

Group 2 Mon-Thur 5:00-6:00pm YMCA

Sun 12:15-1:15 YMCA

Group 3 Mon-Thur 6:00-7:15pm YMCA

Fri 7:00-8:15pm YMCA

Sun 12:15-1:30pm YMCA

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

Tues/Thur 6:30-8:00pm Centennial HS

Fri 7:00-8:30pm YMCA

Sat 9:00-10:30am YMCA

Sun 2:00-3:30pm Centennial HS

Group 5 Mon/Wed 6:30-8:15pm Centennial HS

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

Fri 7:00-8:45pm YMCA

Sat 7:00-9:00am YMCA

Sun 12:00-2:00pm Centennial HS

Tues/Thur 5:45-7:00am YMCA - Dryland/Strength training

Fri 5:45-7:00am YMCA – Swim

HEAT will take a break from 3/17 through 4/1. We will start long course season Monday, April 2. National team will continue to train and compete through April 7 and then take their break.

ARC practices will start Somewhere around May 17. Tues/Thur 6:30-8:00pm