**HEAT Swim Team Practice Schedule**

**Good through Mon, May 20, 2019**

**Sparks** Tuesday/Thursday 4:15-5:00 YMCA

**Group 1** Monday – Thursday 4:15-5:00pm YMCA

**Group 2** Monday – Thursday 5:00-6:00pm YMCA

Sunday 12:15-1:15pm YMCA

**Group 3** Monday – Thursday 6:00-7:15pm YMCA

Friday 7:00-8:15pm YMCA

Sunday 12:15-1:45pm YMCA

**Group 4** Monday/Wednesday 7:15-8:45pm YMCA

Tuesday/Thursday 7:00-8:30pm Urbana Indoor AC

Friday 7:00-8:30pm YMCA

Saturday 9:00-10:30am YMCA

Sunday 10:30am-noon YMCA

**Group 5F** Monday/Wednesday 7:00-8:45pm Urbana Indoor AC

Tuesday/Thursday 7:15-8:45pm YMCA

Friday 7:00-8:45pm YMCA

Saturday 7:00-8:45am YMCA

Sunday 10:30am-12:15pm YMCA

**Group 5HP** Monday/Wednesday 7:00-8:45pm Urbana Indoor AC

Tuesday/Thursday 7:15-9:15pm YMCA

Friday 7:00-8:45pm YMCA (only if nec!)

Saturday 7:00-9:00am YMCA

Sunday 10:30am-12:15pm YMCA

**Group 5** Tuesday/Thursday 5:45-7:00am YMCA (dryland/weights)

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

**HEAT Swim Team Practice Schedule**

**Tuesday May 21 through Sunday, June 2, 2019**

**Sparks** Tuesday/Thursday 4:15-5:00 YMCA

**Group 1** Monday – Thursday 4:15-5:00pm YMCA

**Group 2** Monday – Thursday 5:00-6:00pm YMCA

Sunday 12:15-1:15pm YMCA

**Group 3** Monday /Wednesday 6:00-7:15pm YMCA

Tuesday/Thursday 6:30-7:45pm U of I ARC

Friday 7:00-8:15pm YMCA

Sunday 12:15-1:45pm YMCA

**Group 4** Monday/Wednesday 7:15-8:45pm YMCA

Tuesday/Thursday 6:30-8:00pm U of I ARC

Friday 7:00-8:30pm YMCA

Saturday 9:00-10:30am YMCA

Sunday 10:30am-noon YMCA

**Group 5F** Monday/Wednesday 7:00-8:45pm Urbana Indoor AC

Tuesday/Thursday 6:30-8:00pm U of I ARC

Friday 7:00-8:45pm YMCA

Saturday 7:00-8:45am YMCA

Sunday 10:30am-12:15pm YMCA

**Group 5HP** Monday/Wednesday 7:00-8:45pm Urbana Indoor AC

Tuesday/Thursday 6:30-8:00pm U of I ARC

Friday 7:00-8:45pm YMCA

Saturday 7:00-9:00am YMCA

Sunday 10:30am-12:15pm YMCA

**Group 5** Tuesday/Thursday 5:45-7:00am YMCA (dryland/weights)

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

**HEAT Swim Team Practice Schedule**

**Monday June 3 through August 11, 2019**

**Sparks** No sparks offered in the summer, Sorry!!

**Group 1** Monday-Thursday 4:00-4:45pm YMCA

**Group 2** Monday – Thursday 4:00-5:00pm YMCA

Sunday 12:15-1:15pm YMCA

**Group 3** Monday/Wednesday 5:00-6:00pm YMCA

Tuesday/Thursday 6:30-7:45pm U of I ARC

Sunday 12:15-1:45pm YMCA

**Group 4** Monday/Wednesday 6:00-7:15pm YMCA

Tuesday/Thursday 6:30-8:00pm U of I ARC

Saturday 9:00-10:30am YMCA

Sunday 10:30am-noon YMCA

**Group 5F** Monday/Wednesday 7:15-8:45pm YMCA

Tuesday/Thursday 6:30-8:00pm U of I ARC

Saturday 7:00-8:45am YMCA

Sunday 10:30am-12:15pm YMCA

**Group 5HP** Monday/Wednesday 7:15-8:45pm YMCA Tuesday/Thursday 6:30-8:00pm U of I ARC

Saturday 7:00-9:00am YMCA

Sunday 10:30am-12:15pm YMCA

**Group 5am** Mon, Wed, Fri 5:45-7:15am YMCA (swim, 4 lanes only)

Tuesday/Thursday 5:45-7:00am YMCA (dryland/weights)