**Swim Team Practice Times Fall/Winter 2018-2019**

Blue Group ($42): Monday, Tuesday, Wednesday, and Thursday 5:00p-5:30p

Red Group ($44): Monday, Tuesday, Wednesday, and Thursday 4:45p-5:30p

Bronze Group ($47): Monday, Tuesday, Wednesday, and Thursday 4p-5p  
 Dryland Tues/Thurs 3:30p-3:55p

Silver Group ($49): Monday, Tuesday, Wednesday, and Thursday  
 4:00-5:15p  
 Saturday’s 7:00a-8:15a  
 Dry land Tues/Thurs 3:30p-3:55p

Gold 1 Group ($51): Tuesday/Wednesday/Thursday 5:30a-6:45a  
 Tuesday/Wednesday/Thursday 4:00p-5:30p  
 Saturday’s 7:00a-8:30a  
 Dry land Tuesday & Thursday 3:30p-3:55p

Gold 2 Group ($55): Tuesday/Wednesday/Thursday 5:30a-6:45a  
 Monday/Tuesday/Wednesday/Thursday 4:00p-5:30p  
 Saturday’s 7:00a-8:30a  
 Dry Land Tuesday & Thursday 3:30p-3:55p

**Dryland for the advanced groups-**It is considered part of practice for the advanced swim groups. Each group will have certain items to cover in their allotted dryland time. Dry land will be ran by the coach, and will be before practice, and has been set up and covered in each group’s detailed information. With Bronze, Silver, and Gold 1 & 2, all swimmers are recommended to participate, and have appropriate dryland attire.

Dryland Rules  
1. Must have appropriate dryland workout attire: Closed toe Shoes, Shorts, and t-shirt  
2. Need to have water bottle and/or Gatorade  
3. Must listen and not argue with the Swim Team Coach  
4. No Fighting, negative talk, or bad sportsmanship