2019-2020 PAY Practice Schedule

BRONZE 1
SWIM – **T/TH** 6:00-6:45 PM; **FRI** 6:30-7:30 PM

BRONZE 2
SWIM – **T/TH** 6:45-7:30 PM, **FRI** 6:30-7:30 PM, **SAT** 1:45-3:00 PM

SILVER
SWIM – **MW** 6:15-7:30 PM (Heritage)*, **TTH** 5:45-7:00 PM (Myrin), **FRI** 5:15-6:30 PM (Heritage)*, **SAT** 1:45-3:00 PM (Myrin). Note – *due to available lane space in Heritage,* ***the MW group will be split so that half of Silver will practice Monday and the other half will practice Wednesday****. Coaches will assign swimmers to either the Mon or Wed group* ***– on TUE, TH, FRI, and SAT all of Silver practices together****.*
DRY-LAND – **TTH** 5:25-5:45 PM

JUNIOR B
SWIM – **MWF** 6:15-8:00 PM, **TTH** 4:15-5:45 PM, **SAT** 12:00-1:45 PM
DRY-LAND – **MWF** 5:45-6:15 PM

JUNIOR A
SWIM – **MWF** 6:15-8:00 PM, **TTH** 4:15-6:00 PM, **SAT** 12:00-1:45 PM
DRY-LAND – **MWF** 5:45-6:15 PM

SENIOR B
SWIM – **MWF** 4:15-6:15 PM, **TTH** 7:00-9:00 PM, **SAT** 10:00 AM – 12:00 PM
DRY-LAND – **MW** 3:55-4:15 PM + 6:15-6:45 PM, **TTH** 6:40-7:00 PM, **FRI** 3:45-4:15 PM, **SAT** 9:40-10:00 AM

SENIOR A
SWIM – **MWF** 4:15-6:15 PM, **TTH** 7:00-9:00 PM, **SAT** 10:00 AM – 12:00 PM
AM PRACTICES– **TTH** 5:30-7:00 AM (13-14's one per week, 15 & Overs two per week)
DRY-LAND – **MW** 3:55-4:15 PM + 6:15-6:45 PM, **TTH** 6:40-7:00 PM, **FRI** 3:45-4:15 PM, **SAT** 9:40-10:00 AM

Practices start Tuesday, September 3. Dry-Land Starts the week of September 9. AM practices start the week of September 23. Please refer to the Google Calendar for specific changes.