

BREAKERS PRACTICE SCHEDULE

REV date 11/17/2022

Group Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coaches	site	
Senior	5:30-7:30 pm	6:00-7:30pm	6:00-8:00 pm	6:00-7:30 pm	4:00-6:00 pm	9:00-11:00 am	Kathy,Christiaan, Megan	WEST	
Senior Dryland		4:30-5:30 pm		4:30-5:30 pm			Jen	GYM	
Senior Dev'p	5:30-7:30 pm	6:00-7:30 pm	OFF	6:00-7:30pm	4:00-6:00pm	OFF	Kathy, Christiaan, Megan		
Senior Dev'p DL				4:30-5:30 pm			Jen	GYM	
Gold	4:00-5:00 pm	4:00-5:00 pm	4:00-5:00pm	4:00-5:00 pm			Kathy,Chris, David	WEST	
Gold dryland	5:00-6:00 pm						Josh	GYM	
Silver		5:00-6:00pm	5:00-6:00pm	5:00-6:00pm			Kathy, Chris, Reed	WEST	
Silver dryland			5:10-5:50 pm				Josh	GYM	
Bronze 1	5:00-6:00 pm		5:00-6:00 pm	5:00-6:00pm			Chris, Kevin, Emily	CENTRAL	
Bronze 1 dryland				6:10-6:40 pm			Josh	TBD	
Bronze 2	6:00-7:00 pm		6:00-7:00pm	6:00-7:00pm			Chris, Kevin, Emily	CENTRAL	
Mini Breakers	4:15-5:00 pm		4:15-5:00 pm	4:15-5:00 pm			Chris,Avery,Paige	CENTRAL	
DATES TO NOTE			UPCOMING MEETS						
11/24 no practice all groups 11/25 breakout and breast clinic (minis bronze, silver only at west 5:00-6:00pm) 12/2 and 12/3 no practice due to EGRA meet 1/25 SWIM4FUNZ\$ BOTH POOLS!			YMCA MEETS/HOME/LOCAL MEETS		SITE	TIME	GROUPS	TYPE	
			CADILLAC DUAL		1/7/2022	CADILLAC	TBD	ALL	YMCA
			GTBY HOME		1/8/2022	HOME	AM	ALL	YMCA
			8 & U YMCA STATE CHAMPS			HOME	PM	8&UNDER ONLY	YMCA
			USA MEETS/TRAVEL						
			EGRA		12/2-4/2022	E.Grand Rapids	ALL DAY	ALL(entries closed)	USA
			Great Lake Trop Challenge		1/13-15/2023	West Zeeland	ALL DAY	ALL	USA