 **TOWN WRECKERS SWIM TEAM** 

**Practice Schedule 2017-2018**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **LEVEL** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **WHITE TEAM** | **OPHS**  **5:15-6:15 PM** |  | **OPHS**  **5:15-6:15PM –SWIM** | **WSWHS**  **5:30-6:30 PM** |  |  |
| **BLUE**  **TEAM** | **OPHS**  **6:15-7:15 PM** | **OPHS**  **5:30-6:30 PM** | **OPHS**  **6:15-7:15 PM** | **WSWHS**  **6:30-7:45 PM** |  |  |
| **SILVER TEAM** | **OPHS**  **7:15-8:45 PM** | **WSWHS**  **6:50-7:10PM DRYLAND**  **7:15-8:45PM SWIM** | **OPHS**  **6:50-7:10 PM -DRYLAND**  **7:15-8:45PM –SWIM** |  | **OPHS**  **4:55-5:15 PM -DRYLAND**  **5:20-6:45 PM –SWIM** |  |
| **JUNIOR TEAM** | **WSWHS**  **5:15-7:00PM SWIM**  **7:05-7:30 PM DRYLAND** |  | **WSWHS**  **5:15-7:00PM SWIM**  **7:10-7:30 PM DRYLAND** | **OPHS**  **5:15-7:00PM SWIM** | **OPHS**  **6:00-6:35 PM –DRYLAND**  **6:45-8:45 PM –SWIM** | **OPHS**  **1:00-2:45 PM** |
| **SENIOR TEAM** | **WSWHS**  **6:15-6:50 PM -DRYLAND**  **7:00-8:45 PM –SWIM** | **OPHS**  **6:30-8:45 PM SWIM** | **WSWHS**  **6:15-6:50 PM -DRYLAND**  **7:00-8:45 PM –SWIM** | **OPHS**  **7:00-8:45PM SWIM** | **OPHS**  **6:00-6:35 PM –DRYLAND**  **6:45-8:45 PM –SWIM** | **OPHS**  **11:00 AM-1:00 PM** |

White Team - M, W, Th= 3 Hrs /wk.

Blue Team - M, T, W, Th = 4.25 Hrs /wk.

Silver Team – Swim = M, T, W, F = 6 Hrs /wk. Dryland= T, W, F = 1 hour/week.

Junior Team – Swim = M, W, Th, F, Sat =9 Hrs /wk. Dryland= M, W, F = 1.5 Hours/week.

Senior Team – Swim = M, T, W, Th, F, Sat =11.5 Hrs /wk. Dryland= M, W, F = 1.75 Hours/week.