

PRACTICE SCHEDULE [WITH DRYLAND]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red	<i>6:35-7:00pm</i> <i>[DRYLAND]</i> 5:45-6:30pm (4 Lane Pool)	5:45-6:30pm (4 Lane Pool)	5:45-6:30pm (4 Lane Pool)	5:45-6:30pm (4 Lane Pool)			2:30-3:30pm (8 Lane Pool)
White	<i>7:35-8:00pm</i> <i>[DRYLAND]</i> 6:30-7:30pm (4 Lane Pool)	6:30-7:30pm (4 Lane Pool)	6:30-7:30pm (4 Lane Pool)	6:30-7:30pm (4 Lane Pool)			2:30-3:30pm (8 Lane Pool)
Gray	<i>4:45-5:20pm</i> <i>[DRYLAND]</i> 5:30-6:45pm (8 Lane Pool)	5:45-7:15pm (8 Lane Pool)	<i>6:55-7:35pm</i> <i>[DRYLAND]</i>	4:00-5:30pm (8 Lane Pool)	6:00-7:30pm (8 Lane Pool)	1:30-3:00pm (8 Lane Pool)	1:15-2:30pm (8 Lane Pool)
Silver	6:45-8:00pm (8 Lane Pool)	4:00-5:45pm (8 Lane Pool)	<i>6:05-6:50pm</i> <i>[DRYLAND]</i> 4:00-6:00pm (8 Lane Pool)	5:15-6:45pm (FDU)	<i>4:30-5:15pm</i> <i>[DRYLAND]</i> 5:30-7:00pm (8 Lane Pool)	12:00-1:30pm (8 Lane Pool)	11:30-1:15pm (8 Lane Pool)
Gold	<i>4:00-4:45pm</i> <i>[DRYLAND]</i> 5:15-7:00pm (FDU)	5:15-7:15pm (FDU)	<i>4:00-4:45pm</i> <i>[DRYLAND]</i> 5:15-7:15pm (FDU)	6:30-8:00pm (FDU)	<i>5:40-7:00pm</i> <i>[DRYLAND]*</i> 4:00-5:30pm (8 Lane Pool)	10:00-12:00pm (8 Lane Pool)	9:30-11:30pm (8 Lane Pool)
Platinum	<i>5:35-6:20pm</i> <i>[DRYLAND]</i> 4:00-5:30pm (8 Lane Pool)	5:15-7:15pm (FDU)	<i>5:05-5:50pm</i> <i>[DRYLAND]</i> 6:00-8:00pm (8 Lane Pool)	5:30-7:15pm (8 Lane Pool)	<i>5:40-7:00pm</i> <i>[DRYLAND]*</i> 4:00-5:30pm (8 Lane Pool)	10:00-12:00pm (8 Lane Pool)	9:30-11:30pm (8 Lane Pool)

***COMBINED DRYLAND - ALTERNATE BETWEEN CARDIO AND DRYLAND**

Last Updated 12/7/22