

SPRING TRAINING PRACTICE SCHEDULE [WITH DRYLAND]

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

*COMBINED DRYLAND - ALTERNATE BETWEEN CARDIO AND DRYLAND

Last Updated 3/24/23

PRACTICES START ON MONDAY 4/17/2023