

MARINERS SUMMER TRAINING 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Gold & Platinum	6:00-7:45am @ FP	6:00-7:00am Dryland @ YMCA 7:00-8:45am @ FP	6:00-7:45am @ FP	6:00-7:00am Dryland @ YMCA 7:00-8:45am @ FP	6:00-7:45am @ FP
Silver & Gray*	7:15-8:45am @ FP	6:00-7:30am @ FP 7:30- 8:30am Dryland @ FP	7:15-8:45am @ FP	6:00-7:30am @ FP 7:30- 8:30am Dryland @ FP	7:15-8:45am @ FP
Gray / White / Red	5:00-6:15pm @ YMCA	4:30-4:55pm Dryland (Gray) 5:00-6:15pm @ YMCA 6:20-6:55pm Dryland (Red&White)	5:00-6:15pm @ YMCA	4:30-4:55pm Dryland (Red&White) 5:00-6:15pm @ YMCA 6:20-6:55pm Dryland (Gray)	OFF

Schedule Starts 6/19/23

***Any 12/u swimmers that are not currently in Silver that are interested in practicing with Silver MUST have coaches approval**

LAST UPDATED 5/23/2023