

Practice Schedule Week of 9/13 for Gray, Silver and Gold

All practices at the YMCA in 8 Lane Pool

Gray

Monday 5:30-6:45, Tuesday 4:45-6:00, Wednesday 6:30-7:45, Friday 6:45-8:00

Silver

Monday 6:45 to 8:00, Wednesday 4:00-5:15, Thursday 4:30-5:45, Friday 5:30-6:45

Gold

Monday 4:00-5:30, Tuesday 6:00-7:30, Wednesday 5:15-6:30, Thursday 5:45-7:15, Friday 4:00-5:30