

# PRACTICE SCHEDULE [WITH DRYLAND]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red	<i>7:05-7:30pm</i> <i>[DRYLAND]</i> 6:15-7:00pm (4 Lane Pool)	6:15-7:00pm (4 Lane Pool)	6:15-7:00pm (4 Lane Pool)	6:15-7:00pm (4 Lane Pool)	OFF	OFF	OFF
White	<i>6:25-6:55pm</i> <i>[DRYLAND]</i> 7:00-8:00pm (4 Lane Pool)	7:00-8:00pm (4 Lane Pool)	7:00-8:00pm (4 Lane Pool)	7:00-8:00pm (4 Lane Pool)	OFF	OFF	OFF
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> OFF	4:00-5:30pm (8 Lane Pool)	6:00-7:30pm (8 Lane Pool)	OFF	OFF
Silver	6:45-8:00pm (8 Lane Pool)	4:00-5:45pm (8 Lane Pool)	<i>6:05-6:50pm</i> <i>[DRYLAND]</i> 4:30-6:00pm (8 Lane Pool)	5:15-6:45pm (FDU)	<i>4:30-5:15pm</i> <i>[DRYLAND]</i> 5:30-7:00pm (8 Lane Pool)	OFF	OFF
Gold 1	<i>5:35-6:20pm</i> <i>[DRYLAND]</i> 4:00-5:30pm (8 Lane Pool)	5:15-7:00pm (FDU)	<i>4:00-4:45pm</i> <i>[DRYLAND]</i> 5:15-7:00pm (FDU)	6:45-8:15pm (FDU)	<i>5:40-7:00pm</i> <i>[DRYLAND]*</i> 4:00-5:30pm (8 Lane Pool)	OFF	OFF
Gold A	<i>4:00-4:45pm</i> <i>[DRYLAND]</i> 5:15-6:45pm (FDU)	5:15-7:00pm (FDU)	<i>5:05-5:50pm</i> <i>[DRYLAND]</i> 6:00-7:45pm (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)	OFF	OFF

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

**\*\*SUBJECT TO CHANGE\*\***

UPDATED 4/5/2022