



September 2020 Practice Schedule

GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior I <i>Start Wednesday 9/9</i>	3:30-5:00pm Short Course	3:30-5:00pm Long Course	3:30-5:00pm Long Course	3:30-5:00pm Long Course	OFF	7 - 8:30am Long Course	OFF
Senior II <i>Start Wednesday 9/9</i>	5:00-6:30pm Short Course	5:00-6:30pm Long Course	5:00-6:30pm Long Course	5:00-6:30pm Long Course	OFF	Swim 8:30 - 10am Long Course	OFF
Pre-Senior (13-14) <i>Start Thursday 9/9</i>	6:30-7:45pm Short Course		6:30-7:45pm Long Course [SEPT 9 ONLY]	6:30-7:45pm Long Course	OFF	10 - 11:30am Short Course	OFF
Silver (11-12) <i>Start Monday 9/14</i>	OFF	6:30-7:45pm Long Course	6:30 -7:45pm Long Course	OFF	OFF	11:30-1pm Short Course	OFF
Bronze* (9-10)	<i>*Resume Practices 10/5 at M.E. Lyons YMCA</i>						
Cuda* (8 & under)	<i>*Resume Practices 10/5 at M.E. Lyons YMCA</i>						
Campbell Co.* (12 & Under)	<i>*Resume practices 10/5 at Campbell County YMCA</i> <i>*11-12 y/o Swimmers may join us as M.E. Lyons YMCA in September</i>						
Pre-Competitive* (M.E. Lyons & Campbell Co. YMCA's)	<i>*Resume Practices 10/5 at Both Locations</i>						
Masters*	<i>*Resume Practices 10/5 at M.E. Lyons YMCA</i>						