



# 2021 September Practice Schedule

(Long Course)

\* starts Tues Sept 7th

GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Senior I</b>	3:45 - 5:45pm	3:45 - 5:45pm (dryland after)	3:45 - 5:45pm	3:45 - 5:45pm	3:45 - 4:45pm Dryland/Lift only Not swimming	8 - 10am	
<b>Senior II</b>	3:45 - 5:30pm	3:45 - 5:30pm	3:45 - 5:30pm	OFF	3:45 - 5:30pm	8 - 9:45am	
<b>Pre-Senior</b> (13-14)	5:30 - 6:45pm	5:30 - 6:45pm	5:30 - 6:45pm	OFF	5:30 - 6:45pm	9:45 - 11:15am	
<b>Silver</b> (11-12))	5:30 - 6:30pm <i>*starting 9/20</i>	5:30 - 6:30pm	OFF	5:30 - 6:30pm	OFF	OFF	
<b>Bronze</b> (9-10)	<i>* starting 9/27</i> 4:45 - 6pm Indoor Pool			4:45 - 6pm Indoor Pool	4:45 - 6pm Indoor Pool		
<b>Cuda</b> (8 & under)	<i>* starting 9/27</i>	4:45 - 5:45pm Indoor pool	4:45 - 5:45pm Indoor Pool			OFF	
<b>Campbell Co.</b>	* will start practices Oct 4th						
	* Campbell Co swimmers attend practices at Lyons in Sept						