

2022-23 ABLY October-March



Practice Schedule (revised 9/15)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior I am pm	<i>(deep)</i> Swim 5:15 6:45am 3:45 - 6pm	<i>(shallow)</i> Swim 3:45 - 6pm	<i>(deep)</i> Swim 5:15 6:45am 3:45 - 6pm	<i>(shallow)</i> Swim 3:45 - 6pm	<i>(deep)</i> Swim 5:15 6:45am 3:45 - 6pm	<i>(deep)</i> Swim 8 - 10:15am	Off
Senior II	<i>(shallow)</i> Swim 3:45 - 5:45pm Dryland till 6:30	<i>(deep)</i> Swim 3:45 - 5:45pm Dryland till 6:30	<i>(shallow)</i> Swim 3:45 - 5:45pm Dryland till 6:30	<i>(deep)</i> Swim 3:45 - 5:45pm Dryland till 6:30	<i>(Shallow)</i> Swim 3:45 - 5:45pm	<i>(shallow)</i> Swim 8- 10 am Yoga till 10:20	Off
PreSenior	<i>(shallow)</i> Swim 5:45 - 7:30pm	<i>(deep)</i> Swim 5:45 - 7:30pm	<i>(shallow)</i> Swim 5:45 - 7:30pm	<i>(deep)</i> Swim 5:45 - 7:30pm	Off	<i>(deep)</i> Swim 10:15- 12pm	Off
Silver	<i>(deep)</i> Swim 6 - 7:30pm	<i>(shallow)</i> Swim 6 - 7:30pm	Off	<i>(shallow)</i> Swim 6 - 7:30pm	<i>(deep)</i> Swim 6 - 7:30pm	<i>(shallow)</i> Swim 10- 11:30 am	Off
Bronze	Off	Swim 4:45- 6 pm <i>(indoor pool)</i>	Swim 6- 7:30 pm <i>(deep)</i>	Swim 4:45- 6 pm <i>(indoor pool)</i>	Swim 6- 7:30 pm <i>(shallow)</i>	Off	Off
Cuda	<i>(indoor pool)</i> Swim 4:45- 5:45 pm	Off	<i>(indoor pool)</i> Swim 4:45- 5:45 pm	Off	<i>(indoor pool)</i> Swim 4:45- 5:45 pm	Off	Off
Cuda II	Off	<i>(indoor pool)</i> Swim 6 - 6:45pm	Off	<i>(indoor pool)</i> Swim 6- 6:45 pm	<i>(indoor pool)</i> Swim 6- 6:45 pm	Off	Off
Masters	5:45- 7 am	7:30- 8:30 pm	5:45- 7 am	7:30- 8:45pm	5:45- 7am	6:45- 8am	Off