



# M.E. Lyons YMCA/Anderson Barracudas



## 2020-21 October-March Practice Schedule\*

Group & Start Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Senior 1</b> Swim AM (Start 10/5): Swim PM: Pool:	5:15-6:45am 3:45-6:00pm <b>Deep</b>	OFF 3:30-5:45pm <b>Shallow</b>	5:15-6:45am 3:45-6:00pm <b>Deep</b>	OFF 3:30-5:45pm <b>Shallow</b>	5:15-6:45am 3:45-6:00pm <b>Deep</b>	8:00-10:15am <b>Deep</b>	OFF
<b>Senior 2</b> Swim: Pool:	3:45-5:45pm <b>Shallow</b>	3:45-5:45pm <b>Deep</b>	3:45-5:45pm <b>Shallow</b>	3:45-5:45pm <b>Deep</b>	3:45-5:45pm <b>Shallow</b>	8:00-10:00am <b>Shallow</b>	OFF
<b>Pre-Senior</b> Swim: Pool:	5:45-7:30pm <b>Shallow</b>	5:45-7:30pm <b>Deep</b>	5:45-7:30pm <b>Shallow</b>	5:45-7:30pm <b>Deep</b>	5:45-7:30pm <b>Shallow</b>	10:15-11:45am <b>Deep</b>	OFF
<b>Silver</b> Swim: Pool:	OFF	5:45-7:15pm <b>Shallow</b>	6:00-7:30pm <b>Deep</b>	5:45-7:15pm <b>Shallow</b>	6:00-7:30pm <b>Deep</b>	10:00-11:30am <b>Shallow</b>	OFF
<b>Bronze</b> Fall/Winter Begin: 10/5 Swim: Pool:	6:00-7:30pm <b>Deep</b>	4:45-6:00pm <b>Indoor</b>	OFF	4:45-6:00pm <b>Indoor</b>	OFF	11:30-1:00pm <b>Dome</b>	OFF
<b>Cuda</b> Fall/Winter Begin: 10/5 Swim: Pool:	4:30-5:30pm <b>Indoor</b>	OFF	4:30-5:30pm <b>Indoor</b>	OFF	6:00-7:00pm <b>Indoor</b>	OFF	OFF
<b>Pre-Comp (MEL)</b> Fall/Winter Begin: 10/5 Swim: Pool:	7:00-8:00pm <b>Indoor</b>	OFF	7:00-8:00pm <b>Indoor</b>	OFF	7:00-8:00pm <b>Indoor</b>	OFF	OFF
<b>Campbell Co.</b> Fall/Winter Begin: 10/5 Swim:	3:30-5:00pm	OFF	3:30-5:00pm	OFF	3:30-5:00pm	OFF	OFF
<b>Pre-Comp (CC)</b> Fall/Winter Begin: 10/5 Swim:	OFF	4:00-5:00pm	OFF	4:00-5:00pm	OFF	OFF	OFF
<b>Masters</b> Fall/Winter Begin: 10/5 Swim AM: Swim PM: Pool:	6:15-7:15am OFF <b>Shallow</b>	OFF 7:15-8:15pm <b>Deep</b>	6:15-7:15am OFF <b>Shallow</b>	OFF 7:15-8:15pm <b>Deep</b>	6:15-7:15am OFF <b>Shallow</b>	7:00-8:00am OFF <b>Shallow</b>	OFF

### CODES

Shallow = shallow side of dome  
Deep = deep side of dome

MEL = M.E. Lyons YMCA  
CC = Campbell County YMCA

- \* Group Coaches will provide dryland schedules
- \* All practice times are subject to change