

2021-22 ABLY October-March



Practice Schedule (revised 9/30)

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	<i>(deep)</i> Swim 3:45 - 5:45pm	<i>(shallow)</i> Swim 3:45 - 5:45pm Dryland till 6:30	<i>(deep)</i> Swim 3:45 - 5:45pm	<i>(Shallow)</i> Swim 3:45 - 5:45pm Dryland till 6:30	<i>(shallow)</i> Swim 8 - 10am	Off
Pre-Senior	OFF	<i>(deep)</i> Swim 5:45 - 7:45pm	<i>(shallow)</i> Swim 5:45 - 7:30pm	<i>(deep)</i> Swim 5:45 - 7:30pm	<i>(shallow)</i> Swim 5:45 - 7:15pm	<i>(deep)</i> Swim 10:15 - 12noon	Off
Silver (11-12))	<i>(deep)</i> Swim 6 - 7:30pm	<i>(shallow)</i> Swim 6 - 7:30pm	<i>(shallow)</i> Swim 6 - 7:30pm	OFF	<i>(deep)</i> Swim 6 - 7:30pm	<i>(shallow)</i> Swim 10 - 11:30am	Off
Bronze (9-10)	<i>(shallow)</i> Swim 6 - 7:30pm	Swim 4:45 - 6pm <i>(indoor Pool)</i>	OFF	Swim 4:45 - 6pm <i>(indoor Pool)</i>	OFF	<i>(either)</i> Swim 11:30 - 1pm	Off

Cuda (8 & Under)	Swim 4:45 - 5:45pm (indoor Pool)	OFF	Swim 4:45 - 5:45pm (indoor Pool)	Off	4:45 - 5:45 (indoor Pool)	Off	Off
Campbell Co. • Start Oct 4	3:30 - 5pm Swim Team	11-12/ 6-7:30 At Lyons Y	3:30-5pm Swim Team	9-10/ 4:45-6 At Lyons Y	3:30 - 5pm Swim Team	Off or at Lyons with respective group.	Off
Masters	5:45 - 7am	7:30 - 8:45pm	5:45 - 7am	7:30 - 8:45pm	5:45 - 7am	6:30 - 8am	OFF

?? TBA Pre Competitive at M.E. Lyons - practices are Mondays and Wednesdays 7:15-8:15 and Fridays 6 – 7pm.
(No Pre-Comp practices at Lyons, still looking for a coach)

Pre Competitive at Campbell County will be Tuesdays and Thursdays 4:00-5:00