

## 2020-2021 Fall Practice Schedule

updated: 9/10/2020

KEY - South YMCA (Kettering)

**SWIM**

WCY - West Carrollton YMCA

**DRYLAND**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>KINGFISH</b>	OFF	6-6:30 pm (KEY)	OFF	6-6:30 pm (KEY)	OFF	4:00-5:00 pm (KEY)	OFF
<b>WHITE</b>	5:20-5:50 PM (KEY) Lehman Room 6-6:30 pm (KEY)	OFF	6-7:20 pm (KEY)	OFF	5:20-5:50 PM (KEY) Lehman Room 6-6:30 pm (KEY)	OFF	11:50-12:20 PM (KEY) Gym 12:30-1:30 pm (KEY)
<b>RED</b>	OFF	6:00-6:30 PM (KEY) Lehman Room 6:40-7:50 pm (KEY)	OFF	6:00-6:30 PM (KEY) Functional Fitness 6:40-7:50 pm (KEY)	6:00-6:30 PM (KEY) Lehman Room 6:40-7:20 pm (KEY)	5:10-6:10 PM (KEY)	3:40-5:00 PM (KEY)
<b>PURPLE</b>	6:00-6:30 PM (KEY) Functional Fitness 6:40-7:50 pm (KEY)	OFF	6:50-7:20 PM (KEY) Gym 7:30-8:30 pm (KEY)	OFF	6:50-7:20 PM (KEY) Lehman Room 7:30-8:10 pm (KEY)	7:00-8:00 AM (KEY)	5:10-6:40 PM (KEY)
<b>BLUE</b>	7:30-8:10 PM (KEY) Gym 8:00-9:30 pm (KEY)	7:10-7:50 PM (KEY) Gym 8:00-9 pm (KEY)	OFF	8:00-9:30 pm (KEY)	7:30-8:10 PM (KEY) Lehman Room 8:20-9 pm (KEY)	6:00-7:00 AM (KEY)	1:30-3:30 PM (KEY)
<b>SENIOR 2</b>	6-6:50 am (KEY) (Dryland Strength) 5:45-7:30 pm (WCY)	5:45-7:30 pm (WCY)	5-5:45am (KEY) (optional: sign up required)* 6-6:50 am (KEY) (Dryland Strength) 5:45-7:30 pm (WCY)	5-6:45am (KEY) 5:45-7:30 pm (WCY)	5-5:45am (KEY) (optional: sign up required)* 5:45-7:30 pm (WCY)	7:00-8:00 AM (WCY) 6-6:50 am (WCY) (Dryland Strength)	OFF

SENIOR 1		5-6:45am (KEY)	5-5:45am (KEY) (optional: sign up required)*		5-5:45am (KEY) (optional: sign up required)*	6:00-7:00 AM (WCY)	OFF
	6-6:50 am (KEY) (Dryland Strength)		6-6:50 am (KEY) (Dryland Strength)			7:10-8 am (WCY) (Dryland Strength)	
	3:50-5:45 pm (WCY)	3:50-5:45 pm (WCY)	3:50-5:45 pm (WCY)	3:50-5:45 pm (WCY)	3:50-5:45 pm (WCY)		

\*Pre sign up required for Wednesday and Friday morning optional swim workouts. These workouts are not meant to replace any scheduled practice and are intended to be additional for anyone who wants it.