

Lakota Family YMCA Stingrays
 2020-2021 Year-Round Team
 Practice Schedule
 Beginning Monday, October 12

	Monday 10/12	Tuesday 10/13	Wednesday 10/14	Thursday 10/15	Friday 10/16	Saturday 10/17
3:30	Senior Plus 1 3:30-4:30pm	Senior Plus 1 3:30-4:30pm	Senior Plus 1 3:30-4:15pm	Senior Plus 2 3:30-4:30pm	Senior Plus 1 3:30-4:15pm	TBD
3:45						
4:00						
4:15	Senior Plus 2 4:30-5:15pm	Intermediate Plus 1 4:30-5:15pm	Senior Plus 2 4:15-5:15pm	Intermediate Plus 1 4:30-5:30pm	Senior Plus 2 4:15-5:00pm	
4:30						
4:45						
5:00	Intermediate Plus 1 5:15-6:15pm	Intermediate Plus 2 5:15-6:15pm	Intermediate Plus 2 5:15-6:00pm	Intermediate Plus 2 5:30-6:30pm	Junior Plus 5:00-5:45pm	
5:15						
5:30						
5:45	Junior Plus 6:15-7:00pm	Junior 1 6:15-7:00pm	Junior Plus 6:00-6:45pm	Junior 1 6:30-7:45pm	Junior 2 5:45-7:00pm	
6:00						
6:15						
6:30	Developmental 7:00-7:45pm	Junior 2 7:00-7:45pm	Developmental 6:45-7:30pm	Junior 1 6:30-7:45pm	Senior 7:00-7:45pm	
6:45						
7:00						
7:15	Senior 7:45-8:30pm	Intermediate 7:45-8:30pm	Senior 7:30-8:30pm	Intermediate 7:45-8:30pm	Intermediate 7:45-8:30pm	
7:30						
7:45						
8:00						
8:15						
8:30						

Dry Land	Senior Plus 2 3:45-4:30pm	Senior Plus 1 4:30-5:30pm	Senior Plus 1 4:15-5:00pm	Senior Plus 1 4:30-5:30pm	Senior Plus 1 4:15-5:15pm
	Int. Plus 2 6:15-7:00pm	Senior Plus 2 4:30-5:30pm	Int. Plus 1 6:00-6:45pm	Senior Plus 2 4:30-5:30pm	Senior Plus 2 5:00-6:00pm
	Junior Plus 5:45-6:15pm	Int. Plus 1 5:15-6:00pm	Int. Plus 2 6:00-6:45pm	Intermediate 6:45-7:45pm	Senior 6:00-7:00pm
		Junior 1 5:45-6:15pm	Senior 6:30-7:30pm		Int. Plus 1 6:00-6:45pm
		Junior 2 6:30-7:00pm	Junior Plus 5:30-6:00pm		Int. Plus 2 6:00-6:45pm
		Intermediate 6:45-7:30pm			