

JEEP ROGERS YMCA

Practice Schedule

900 Lake Carolina Drive, Columbia SC 29229

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR. TEAM	8-9:30pm	8-9:30pm	8-9:30pm	8-9:30pm	1 Hour	?
JR. TEAM	Swim	Swim	Swim	Swim	Dryland in Columbia OR USC-Aiken 5-7pm	

Regular Fall/Winter Schedule

- We are working on a strength & conditioning/dryland options
- You can do a combo of USC-Aiken and JEEP ROGERS YMCA
- Please talk with Coach Heath about what your intentions are and what schedule is best for you
- 1 Hour swimming at JCC with Age-Group Elite can be an option if needed. 6-7pm.