# Y-SPARTAQUATICS SWIM CLUB

## 2022 - 2023 PRACTICE SCHEDULE FOR Middle Tyger YMCA (MTY)

SEA CUKES

### NATIONAL GROUP

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | 5:00 - 6:45 am (W) | 5:00 - 6:45 am (M) | OFF | 5:00 - 6:45 am | 6:00 - 9:30 am | OFF | Dan |
| PM | 4:30 - 6:45 pm | 4:15 - 7:00 pm | 4:30 - 6:45 pm | 4:15 - 7:00 pm | OFF | OFF | OFF | |
| Dryland | 4:15 - 4:30 pm Activation | 4:15 - 5:00 pm Yoga | 4:15 - 4:30 pm Activation | 4:15 - 5:00 pm | 5:00 - 5:10 am Activation | 6:00 - 6:15 am Activation | OFF | Dan |
| | 6:45 - 7:15 pm Weights (M) | - | 6:45 - 7:15 pm Weights (W) | - | - | - | - | Dan |

### SENIOR 1

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | 5:00 - 6:45 am | OFF | OFF | 5:00 - 6:45 am | 7:00 - 9:15 am | OFF | Ed |
| PM | 4:30 - 6:30 pm | 4:30 - 6:30 pm | 4:30 - 6:30 pm | 4:30 - 6:30 pm | OFF | OFF | OFF | |
| Dryland | 6:30 - 7:15 pm | 4:15 - 4:30 pm Activation | 4:15 - 4:30 pm Activation | 4:15 - 4:30 pm Activation | 5:00 - 5:10 am Activation | 9:15 - 10:00 am | OFF | Kerry |

### SENIOR 2

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 7:00 - 9:15 am | OFF | Keegan |
| PM | 5:45 - 8:00 pm | 6:00 - 8:00 pm | 5:45 - 8:00 pm | 6:00 - 8:00 pm | 4:30 - 6:30 pm | OFF | OFF | |
| Dryland | 5:45 - 6:15 pm | - | 5:45 - 6:15 pm | - | - | 9:15 - 10:00 am | OFF | Keegan |

### JUNIOR SECTIONAL

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 9:15 - 11:15 am | OFF | Ed |
| PM | 6:30 - 8:15 pm | 6:30 - 8:15 pm | 4:30 - 6:30 pm | 6:30 - 8:15 pm | 4:30 - 6:30 pm | OFF | OFF | |
| Dryland | 5:45 - 6:30 pm | 6:15 - 6:30 pm Activation | 4:15 - 4:30 pm Activation | 6:15 - 6:30 pm Activation | 4:15 - 4:30 pm Activation | 8:30 - 9:15 am | OFF | Kerry |

### JUNIOR 1

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 10:00 - 11:45 am | OFF | TBD |
| PM | 6:45 - 8:15 pm | 6:30 - 8:30 pm | 6:45 - 8:15 pm | 6:30 - 8:30 pm | 4:30 - 6:30 pm | OFF | OFF | |
| Dryland | - | 6:30 - 7:00 pm | - | 6:30 - 7:00 pm | - | - | OFF | TBD |

### JUNIOR 2

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 10:00 - 11:45 am | OFF | TBD |
| PM | 6:45 - 8:15 pm | 6:30 - 8:30 pm | 6:45 - 8:15 pm | 6:30 - 8:30 pm | 4:30 - 6:30 pm | OFF | OFF | |
| Dryland | - | 6:30 - 7:00 pm | - | 6:30 - 7:00 pm | - | - | OFF | TBD |

### HIGH SCHOOL PREP

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 10:00 - 11:45 am | OFF | TBD |
| PM | 6:45 - 8:15 pm | OFF | 6:45 - 8:15 pm | OFF | OFF | OFF | OFF | |

MIDDLE TYGER YMCA 25TH ANNIVERSARY

Evolve Excellence Everday

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## 2022 - 2023 PRACTICE SCHEDULE FOR Middle Tyger YMCA (MTY)

SEA CUKES

### YELLOW

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 8:00 - 10:00 am | OFF | Kyle |
| PM | 4:45 - 6:45 pm | 5:30 - 7:00 pm | 4:45 - 6:45 pm | 5:30 - 7:00 pm | 4:15 - 5:30 pm | OFF | OFF | |
| Dryland | 4:45 - 5:10 pm | - | 4:45 - 5:10 pm | - | - | - | OFF | Amy |

### PURPLE

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 10:00 - 11:30 am | OFF | TBD |
| PM | 6:45 - 8:00 pm | 6:30 - 8:15 pm | 6:45 - 8:00 pm | 6:30 - 8:15 pm | 4:15 - 5:30 pm | OFF | OFF | |
| Dryland | - | 6:30 - 6:55 pm | - | 6:30 - 6:55 pm | - | - | OFF | TBD |

### ORANGE

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 10:00 - 11:30 am | OFF | Cassie |
| PM | 4:15 - 5:15 pm | 4:15 - 5:45 pm | 4:15 - 5:15 pm | 4:15 - 5:45 pm | 4:15 - 5:15 pm | OFF | OFF | |
| Dryland | - | 5:15 - 5:45 pm | - | 5:15 - 5:45 pm | - | - | OFF | Cassie |

### BLUE

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 10:00 - 11:30 am | OFF | Kyle |
| PM | 4:15 - 5:45 pm | 4:15 - 5:30 pm | 4:15 - 5:45 pm | 4:15 - 5:30 pm | 4:15 - 5:30 pm | OFF | OFF | |
| Dryland | 5:20 - 5:45 pm | - | 5:20 - 5:45 pm | - | - | - | OFF | Amy |

### RED

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 9:40 - 11:00 am | OFF | Wendy |
| PM | 5:15 - 6:15 pm | 4:30 - 6:00 pm | 5:15 - 6:15 pm | 4:30 - 6:00 pm | 4:15 - 5:15 pm | OFF | OFF | |
| Dryland | - | 4:30 - 4:55 pm | - | 4:30 - 4:55 pm | - | 9:40 - 10:00 am | OFF | Amy |

### GREEN

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coach |
|---|---|---|---|---|---|---|---|---|
| AM | OFF | OFF | OFF | OFF | OFF | 9:40 - 11:00 am | OFF | Wendy |
| PM | 4:15 - 5:15 pm | 4:15 - 5:30 pm | 4:15 - 5:15 pm | 4:15 - 5:30 pm | 4:15 - 5:15 pm | OFF | OFF | |
| Dryland | - | 5:05 - 5:30 pm | - | 5:05 - 5:30 pm | - | 9:40 - 10:00 am | OFF | Amy |

### YSL 3

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coaches |
|---|---|---|---|---|---|---|---|---|
| PM | 5:35 - 6:20 pm | 4:50 - 5:35 pm | OFF | 4:50 - 5:35 pm | OFF | OFF | OFF | Lynda & Joseph |

### YSL 2

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coaches |
|---|---|---|---|---|---|---|---|---|
| PM | 5:00 - 5:30 pm | 4:15 - 4:45 pm | OFF | 4:15 - 4:45 pm | OFF | OFF | OFF | Lynda & Joseph |

### YSL 1

| Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Coaches |
|---|---|---|---|---|---|---|---|---|
| PM | 4:15 - 4:55 pm | OFF | 4:15 - 4:55pm | OFF | OFF | OFF | OFF | Lynda & Joseph |

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