



Y-SPARTAQUATICS SWIM CLUB



2021 - 2022 PRACTICE SCHEDULE FOR Middle Tyger YMCA (MTY)

NATIONAL GROUP

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	5:00 - 6:45 am (Women)	5:00 - 6:45 am (Men)	OFF	5:00 - 6:45 am	6:00 - 8:30 am	Dan
PM	4:15 - 7:15 pm	4:15 - 7:15 pm	4:15 - 7:15 pm	4:15 - 7:15 pm	OFF	OFF	
Dryland	Weights: 6:45 - 7:15 pm (M)	Swim Stretch 4:15 - 5:00 pm	Weights: 6:45 - 7:15 pm (W)	Swim Stretch 4:15 - 5:00 pm	OFF	OFF	Kerry and Dan

SENIOR 1

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	5:00 - 6:45 am	OFF	5:00 - 6:45 am	6:00 - 8:00 am	Eduardo
PM	4:15 - 6:15 pm	4:15 - 6:30 pm	4:15 - 6:00 pm	4:15 - 6:30 pm	OFF	OFF	
Dryland	Dynamic Warm Up	5:55 - 6:30 pm	Dynamic Warm Up	5:55 - 6:30 pm	Dynamic Warm Up	Dynamic Warm Up	Kerry and Eduardo

SENIOR 2

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	4:20 - 6:20 pm	6:00 - 8:00 am	TBD
PM	5:45 - 8:00 pm	6:00 - 8:00 pm	5:45 - 8:00 pm	6:00 - 8:00 pm	OFF	OFF	
Dryland	5:45 - 6:15 pm	OFF	5:45 - 6:15 pm	OFF	OFF	OFF	TBD

JUNIOR SECTIONAL

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	8:00 - 10:00 am	Eduardo
PM	6:15 - 8:00 pm	5:30 - 7:45 pm	6:00 - 8:00 pm	5:30 - 7:45 pm	4:20 - 6:20 pm	OFF	
Dryland	Dynamic Warm Up	5:30 - 6:00 pm	Dynamic Warm Up	5:30 - 6:00 pm	Dynamic Warm Up	Dynamic Warm Up	Kerry and Eduardo

JUNIOR 1

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	10:00 - 11:45 am	Kyle
PM	6:45 - 8:15 pm	6:30 - 8:30 pm	6:45 - 8:15 pm	6:30 - 8:30 pm	4:20 - 6:20 pm	OFF	
Dryland	OFF	6:30 - 7:00 pm	OFF	6:30 - 7:00 pm	OFF	OFF	Kyle

JUNIOR 2

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	10:00 - 11:45 am	Johnna
PM	6:45 - 8:15 pm	6:30 - 8:30 pm	6:45 - 8:15 pm	6:30 - 8:30 pm	4:20 - 6:20 pm	OFF	
Dryland	OFF	6:30 - 7:00 pm	OFF	6:30 - 7:00 pm	OFF	OFF	Johnna

HIGH SCHOOL PREP

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	10:00 - 11:45 am	Johnna
PM	OFF	7:00 - 8:30 pm	OFF	7:00 - 8:30 pm	OFF	OFF	

YELLOW							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	8:00 - 9:45 am	Head Age Group Coach
PM	4:45 - 6:30 pm	5:30 - 7:00 pm	4:45 - 6:30 pm	5:30-7:00 pm	5:00 - 6:30 pm	OFF	
Dryland	4:45 - 5:10 pm	OFF	4:45 - 5:10 pm	OFF	OFF	OFF	Amy

PURPLE							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	9:45 - 11:15 am	TBD
PM	6:45 - 8:00 pm	6:45 - 8:15 pm	6:45 - 8:00 pm	6:45 - 8:15 pm	5:00 - 6:30 pm	OFF	
Dryland	OFF	6:45 - 7:10 pm	OFF	6:45 - 7:10 pm	OFF	OFF	Amy

ORANGE							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	10:00 - 11:15 am	Cassie
PM	4:15 - 5:15 pm	4:15 - 5:15 pm	4:15 - 5:15 pm	4:15 - 5:15 pm	4:15 - 5:15 pm	OFF	
Dryland	OFF	6:45 - 7:10 pm	OFF	6:45 - 7:10 pm	OFF	OFF	Cassie

BLUE							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	9:45 - 11:15 am	Head Age Group Coach
PM	4:15 - 5:45 pm	4:15 - 5:30 pm	4:15 - 5:45 pm	4:15 - 5:30 pm	5:00 - 6:30 pm	OFF	
Dryland	5:20 - 5:45 pm	OFF	5:20 - 5:45 pm	OFF	OFF	OFF	Amy

RED							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	10:00 - 11:15 am	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	
Dryland	OFF	4:30 - 4:55 pm	OFF	4:30 - 4:55 pm	OFF	OFF	Amy

GREEN							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
AM	OFF	OFF	OFF	OFF	OFF	10:00 - 11:15 am	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	
Dryland	OFF	5:05 - 5:30 pm	OFF	5:05 - 5:30 pm	OFF	OFF	Amy

YSL 3							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Regular PM	5:35 - 6:20 pm	4:50 - 5:35 pm	OFF	4:50 - 5:35 pm	OFF	OFF	Kyle, Joseph, Lynda
YSL 2							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
EARLY PM	3:30 - 4:20 pm	OFF	3:30 - 4:20 pm	OFF	OFF	OFF	Kyle, Joseph, Lynda
Regular PM	5:00 - 5:30 pm	4:15 - 4:45 pm	OFF	4:15 - 4:45 pm	OFF	OFF	Kyle, Joseph, Lynda
YSL 1							
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
PM	4:15 - 4:55 pm	OFF	4:15 - 4:55 pm	OFF	OFF	OFF	Kyle, Joseph, Lynda