

Practice Schedule at Gold's Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lightning	5:00 – 7:30 AM 5:15 – 7:15 PM 1-hour Dryland 1-hour H2O	5:00 – 7:30 AM	5:00 – 7:30 AM	5:00 – 7:30 AM 5:15 – 7:15 PM 1 -hour Dryland 1-hour H2O	5:00 – 7:30 AM	7:00 – 9:15 AM
Senior 1	5:30 – 7:00 AM		5:30 – 7:00 AM	5:15 – 7:15 PM 1- hour Dryland 1-hour H2O	5:30 – 7:00 AM	7:00 – 8:15 AM
Senior 2	5:15 – 7:15 PM 1- hour Dryland 1-hour H2O	5:30 – 7:00 AM		5:30 – 7:00 AM		8:15 - 9:15 AM

- This is our base schedule – watch your email for any practice cancelations or changes.
- DL = for dryland. Be prepared with shoes and workout clothes
- Make sure to bring a water bottle to EVERY practice!
- If you are swimming longer then 1.5 hours you should have some form of calories, such as a Gatorade or granola bar.