**CYAC Swimming**

**Brooks Practice Schedule**

**November 6th-End of Season**

**Futures:**

Tuesdays and Thursdays-5:30-5:45 (Dryland)/5:45-6:30 (Swim)

Saturdays-11:15-11:30 am (dryland)/11:30 am-12:15 pm (swim)

**Bronze:**

Mondays-Wednesdays-Fridays-4:30-5:30 (Swim)/5:30-5:45 (Dryland)

Saturdays-11:30-11:45 am (dryland)/11:45 am-12:45 pm (swim)

**Silver:**

Mondays-Tuesdays-Thursdays-Fridays-4:30-4:45 (dryland)/4:45-6:00 pm (swim)

Saturdays-11:15-11:30 am (dryland)/11:30 am-12:45 pm (swim)

**Gold:**

Mondays-Wednesdays-5:15-6:00 pm (dryland)/6:00-7:30 pm (swim)

Tuesdays-Fridays-6:00-7:30 pm

Saturdays-9:00-9:45 am (dryland)/9:45-11:30 am (swim)

**Gold Elite:**

Mondays-Wednesdays-5:15-6:00 pm (dryland)/6:00-7:45 pm (swim)

Tuesdays-5:30-7:15 am

Thursdays-Fridays-6:00-7:45 pm

Saturdays- 9:00-9:45 am (dryland)/9:45-11:45 am (swim)

**National and Senior:**

Monday-Friday-5:30-7:30 am\* OR 6:00-8:00 am\*

Tuesdays-Thursdays-5:00-5:45 pm (dryland)/6:00-7:00 pm (swim)

Saturdays-7:45-9:45 am (swim)/9:45-10:45 am (dryland)