

Practice times for 2022-2023 Short Course Season.							
Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	Strength	3:30-4:30 PM		3:30-4:30 PM		3:30-4:30 PM	
	Dryland (on deck)		3:30-4:00 PM		3:30-4:00 PM		
	Swim	4:30-5:45 PM	4:00-5:45 PM	4:30-5:45 PM	4:00-5:45 PM	4:30-5:45 PM	7:45-9:45 AM
Silver	Dryland	4:45-5:15PM	4:45-5:00 PM	4:45-5:15PM	4:45-5:00 PM	4:45-5:15PM	
	Swim	5:15-6:30 PM	5:00-6:30 PM	5:15-6:30 PM	5:00-6:30 PM	5:15-6:30 PM	7:45-9:45 AM WITH GOLD
Bronze	Dryland	5:00-5:30 PM	5:00-5:15 PM	5:00-5:30 PM	5:00-5:15 PM	5:00-5:30 PM	
	Swim	5:30-6:30 PM	5:15-6:30 PM	5:30-6:30 PM	5:15-6:30 PM	5:30-6:30 PM	
Orange	Dryland	5:15-5:30 PM		5:15-5:30 PM		5:15-5:30 PM	
	Swim	5:30-6:30 PM		5:30-6:30 PM		5:30-6:30 PM	8:15-9:15 AM
Green	Dryland		5:15-5:30 PM			5:15-5:30 PM	
	Swim		5:30-6:30 PM			5:30-6:30 PM	8:15-9:15 AM

First Practice All Squads except Orange is 9/6/2022

First Practice Orange is 9/9/2022