

Practice times through 6/10/2023							
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
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

Practice June 12- August 11, 2023 NO SATURDAYS DURING THE SUMMER						
Squad		Monday	Tuesday	Wednesday	Thursday	Friday
Gold	AM Swim	7:00-9:00 AM	7:00-9:00 AM	7:00-9:00 AM	7:00-9:00 AM	7:00-9:00 AM
	Strength	2:30-3:00 PM		2:30-3:00 PM		
	PM Swim	3:00-4:30		3:00-4:30		
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
Bronze	Dryland	5:00-5:30 PM	5:00-5:15 PM	5:00-5:30 PM	5:00-5:15 PM	11:00-11:15 AM
	Swim	5:30-6:30 PM	5:15-6:30 PM	5:30-6:30 PM	5:15-6:30 PM	11:15-12:30PM
Orange	Dryland	5:15-5:30 PM		5:15-5:30 PM	11:00-11:15	5:15-5:30 PM
	Swim	5:30-6:30 PM		5:30-6:30 PM	11:15-12:15	5:30-6:30 PM
Green	Dryland	5:15-5:30 PM				5:15-5:30 PM
	Swim	5:30-6:30 PM	11:15-12:15 PM			5:30-6:30 PM