

*Check out the Team General Calendar page for information that affects our practices, for meet dates, and for other upcoming events.*

November 29th – March 18th

**Beginner Practice Group Practice Times and Locations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| NO PRACTICE | 6:00 – 7:00  @ the YMCA | NO PRACTICE | 6:00 – 6:30  @ the YMCA | 6:00 – 6:45  @ the Aquatic Center |

**Bronze Practice Group Practice Times and Locations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 6:00 – 6:45 or  6:45 – 7:30  @ the YMCA | NO PRACTICE | 6:00 – 6:45 or  6:45 – 7:30  @ the YMCA | 6:30 – 7:00  @ the YMCA | 6:00 – 6:45  @ the Aquatic Center |

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**Silver Practice Group All Practice Times at the Aquatic Center**

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Swim 6:45 – 8:00 | Swim 6:45 – 8:00 | **Dryland 5:45 – 6:45**  Swim 6:45 – 8:00 | Swim 6:45 – 8:00 | Swim 6:45 – 8:00 |

**Gold Practice Group All Practice Times at the Aquatic Center**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Swim 6:00 - 8:00 | **Dryland 5:00 – 6:00**  Swim 6:00 – 8:00 | Swim 6:00 – 8:00 | **Dryland 5:00 – 6:00**  Swim 6:00 – 8:00 | Swim 6:00 – 8:00 |