

DSMY Ankeny/South/Wellmark Practice Site Schedule

All practices will be held at the Wellmark YMCA

2020 Summer season – Effective: 06/03/20 – 07/31/20 *updated: 06/30/2020*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practices	5:25-6:30p Blue/Bronze	5:25-6:30p Blue/Bronze	5:25-6:30p Blue/Bronze	5:25-6:30p Blue/Bronze	No Practices	No White Practice
	5:30-6:25p Purple	5:30-6:25p Purple	5:30-6:25p Purple	5:30-6:25p Purple		10:45-12p Blue/Bronze
	5:40-6:20p White Program Pool	5:40-6:20p White Program Pool	5:40-6:20p White Program Pool	5:40-6:20p White Program Pool		10:45-11:45a Purple
	11&u 2-2:30p 12&o 2:45-3:15p Dry Land Zoom Allan		11&u 2-2:30p 12&o 2:45-3:15p Dry Land Zoom Allan		11&u 2-2:30p 12&o 2:45-3:15p Dry Land Zoom Allan	

*Swimmers will be assigned a daily practice time, lane and lane position. One practice per day.

Holiday: No practice Saturday, July 4. The last day of dry land is tentatively July 31.

When DSMY has team meets at Wellmark, practice will be cancelled or moved to an alternative practice site.

The summer season will end July 31, 2020. We will extend our training 1 month through August 28.

Fall/Winter season will begin Tuesday, September 8.