

YMCA of NORTHWEST LOUISIANA
SCY Practice Schedule - Fall/Winter Spring

Practice Group	Mon	Tues	Wed	Thur	Fri	Sat	Lanes/End
Age Group Level I	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm			Lanes 1-4 Turn End
Coaches:	Tyler, Trae	Tyler, Trae	Tyler, Trae	Tyler, Trae			
Age Group Level II	Swim 5:45-6:35pm Dryland (optional) 6:40-7:00pm	Swim 5:45-6:45pm	Swim 5:45-6:45pm	Swim 5:45-6:35pm Dryland (optional) 6:40-7:00pm			Lanes 1-5 Turn End
Coaches:	Tyler, Trae	Tyler, Trae	Tyler, Trae	Tyler, Trae			
Age Group Level III	Dryland 5:25-5:45pm Swim 5:45-7:00pm	5:45-7:00pm	5:45-7:00pm	Dryland 5:25-5:45pm Swim 5:45-7:00pm		Dryland 8:30-9:00am Swim 9:00-10:30am	Lanes 1-6 Scoreboard
Coaches:	Maribeth, John, Kaden	Maribeth, Kaden	Maribeth, Kaden	Maribeth, John, Kaden		Maribeth, Tyler	
Senior Level IV	Swim 4:15-5:45pm Dryland 5:55-6:30pm	4:15-5:45pm	4:15-5:45pm	Swim 4:15-5:45pm Dryland 5:55-6:30pm	4:15-5:45pm	Swim 7:15-9:00am Dryland 9:15-10:00am On Deck	Lanes 1-8 Scoreboard End
Coaches:	John, Maribeth, Chelsea	John, Chelsea	John, Brad, Chelsea	John, Maribeth, Chelsea	John, Tyler	John, Tyler	
Senior* Level V	Swim 5:30-6:45am 4:15-5:45pm Dryland 5:55-6:30pm	4:15-6:00pm	5:30-6:45am & 4:15-6:00 pm	Swim 4:15-5:45pm Dryland 5:55-6:30pm	4:15-6:00pm	Swim 7:15-9:00am Dryland 9:10-10:00am CrossFit Room	
Coaches:	John, Maribeth, Chelsea	John, Chelsea	John, Brad, Chelsea	John, Maribeth, Chelsea	John, Tyler	John, Tyler	

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*Morning Practices are only during certain times during the season.