**2018 – 2019 PRACTICE SCHEDULE – Ingram YMCA**

**MWF**:

Green: 3:45 – 5:00pm (1hr Swim, 15min Dryland)

White: 3:45 – 5:00pm (1hr Swim, 15min Dryland)

Purple: 4:45 – 6:45pm (1hr 30min swim, 30min dryland)

Silver 1: 4:45 – 7:15pm (2hr Swim, 30min Dryland)

**Tuesday/Thursday**:

White: 3:45 – 4:45pm (Swim) \***only on Thursday**\*

Purple: 4:45 – 6:15pm (Swim)

Silver 1: 4:45 – 6:45pm (Swim)

**Saturday**:

Purple/Silver 1: 9:30am – 11:30am (Swim)