YOTA Swim Team

2020 - 2021 Short Course Practice Schedule

TENTATIVE

Raleigh (East) Senior 1 Group

August 24 – October 31, 2020

All schedules are subject to change as needed.

August 24 – October 31

DAY	TIME	LOCATION
Monday	G 3:15-5:30 B 5:15-7:30	SER
Tuesday	G 3:15-5:30 B 5:15-7:30 Dryland B arrive 4:45 G end 6:15	SER
Tuesday AM	TBA	OPC
Wednesday	G 3:15-5:30 B 5:15-7:30 Yoga B arrive 5:00 G end 6:15	SER
Thursday	G 3:15-5:30 B 5:15-7:30 Dryland B arrive 4:45 G end 6:15	SER
Thursday AM	TBA	OPC
Friday	G 3:15-5:30 B 5:15-7:30	SER
Saturday (start date Oct 3)	TBA	TBA

Saturday

DAY	TIME	LOCATION

* First Saturday workout of the season is Oct. 3 *

At some point our plan is for Saturday workouts to switch sites TBA

** Weekday mornings will begin TBA **