

**Practice schedule for Swordfish Swim team**

**Short course season 2022-2023 (Rev 10/3/2022)**

<b>SWIM Starts 9/11/22 *Subject to change as seen fit*</b>	Monday	Tues	Wed	Thursday	Friday	Saturday	Sunday
Bronze	5-6pm	OFF	5-6pm	5-6pm	5-6pm	OFF	OFF
Silver 1	6-7pm	5-630pm	OFF	6-7pm	6-730pm	OFF	OFF
Silver 2	OFF	6-730pm	7-830pm	6:30-8pm	730-9pm	830-930am	OFF
Gold 1	830-10pm	630-8pm	5:20-630am 8:30-10pm	OFF	5:20-6:30am 8p-930p	7am-830am	OFF
Gold 2	7-830pm	5:20-6:30am 8-9:45pm	8:30-10pm	8pm-9:30pm	5:20-6:30am No pm	7-8:30am	OFF

<b>DRYLAND *Subject to change Starts on 10/3/22</b>	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
SILVER 1				Fitness 5-5:45pm gym			
Silver 2		Fitness 5-5:45pm Activity studio					
Gold 1	SPIN 730-8:15PM				YOGA 7-7:45pm Room 1		
Gold 2	YOGA 6-6:45pm Room 1			SPIN 7-7:45pm			

