

Practice schedule for Swordfish Swim team

Short course season 2023-2024 **subject to change**

SWIM Starts 9/11/22 *Subject to change as seen fit*	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	6-7:30pm	6:30-7:45pm	7-8:15pm	830-930am	OFF
Gold 1 Weekday Am start 9/29	830-9:30pm	630-8pm	730-9pm	7:00-8:30p	5:20-6:30am (Optional)	7am-830am	OFF
Gold 2 Weekday Am start 9/26	7-845pm	5:20-6:30am (optional) 7:30pm-9pm	8:30-10pm	7:45-9:15pm	5:20-6:30am (optional) 7:30-9:00pm	OFF	OFF

DRYLAND *Subject to change Starts on 10/3/22	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
SILVER 1				Fitness 5-5:45pm gym			
Silver 2		Fitness 5-5:45pm Room 1& 2					
Gold 1	YOGA 7-7:45pm			SPIN 6-6:40PM			
Gold 2	YOGA 6-6:45pm Room 1			SPIN 6:45-7:30P			