

ACTIVE August 11th, 2025

LIFE TIME TEMPE PRACTICE SCHEDULE

Group	Coach	Equipment Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	Coach Hayden	A	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	7:00a - 9:00a swim
Gold	Coach Hayden	A	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	4:00p - 4:30p Dryland 4:30p - 6:45p Swim	7:00a - 9:00a swim
Silver Elite	Coach Maya	B	4:30p - 6:00p Swim	4:00p - 4:20p Dryland 4:30p - 6:00p Swim	4:30p - 6:00p Swim	4:00p - 4:20p Dryland 4:30p - 6:00p Swim	4:30p - 6:00p Swim	NO PRACTICE
Silver	Coach Maya	B	5:00p - 6:15p Swim	4:30p - 4:50p Dryland 5:00p - 6:15p Swim	5:00p - 6:15p Swim	4:30p - 4:50p Dryland 5:00p - 6:15p Swim	5:00p - 6:15p Swim	NO PRACTICE
Bronze B	Coach Maya	C	5:00p - 6:00p Swim	4:30p - 4:50p Dryland 5:00p - 6:00p Swim	5:00p - 6:00p Swim	4:30p - 4:50p Dryland 5:00p - 6:00p Swim	5:00p - 6:00p Swim	NO PRACTICE
Bronze A	Coach Maya	C	4:00p - 5:00p Swim	3:30p - 3:50p Dryland 4:00p - 5:00p Swim	4:00p - 5:00p Swim	3:30p - 3:50p Dryland 4:00p - 5:00p Swim	4:00p - 5:00p Swim	NO PRACTICE
Developmental 2	Coach Tristen	C	5:15p - 6:15p Swim	5:15p - 6:15p Swim	5:15p - 6:15p Swim	5:15p - 6:15p Swim	5:15p - 6:15p Swim	NO PRACTICE
Developmental 1	Coach Tristen	C	4:15p - 5:00p Swim	4:15p - 5:00p Swim	NO PRACTICE	4:15p - 5:00p Swim	4:15p - 5:00p Swim	NO PRACTICE

Equipment Type A	Equipment Type B	Equipment Type C
Water Bottle LIFE Cap + Goggles Competitive Suit Kickboard Pull Buoy Fins Snorkel Tennis Ball (2) Drag Suit Hand Paddles Equipment Bag	Water Bottle LIFE Cap + Goggles Competitive Suit Kickboard Pull Buoy Fins Snorkel Tennis Ball (2) Equipment Bag Hand Paddles	Water Bottle LIFE Cap + Goggles Competitive Suit Kickboard Pull Buoy Fins Snorkel Equipment Bag

CONTACT INFORMATION	
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