

# 2021-2022 Practice Schedule

## PLATINUM GROUP:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-8:00 PM  DRYLAND 5:30-6:30 am	6:30-8:00 pm	6:30-8:00 pm  Dryland 5:30-6:30 am	6:30-8:00 pm	Virtual coach/athlete check-ins	Dryland: 6:00-7:00 am  Swim: 7:00-8:30 am

## Senior:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:30 pm  Optional Dryland 5:30-6:30 am	5:00-6:30 pm	5:00-6:30 pm  Optional Dryland 5:30-6:30 am			Dryland: 6:00-7:00 am  Swim: 7:00-8:30 am

## Age Group:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-5:00 pm	4:00-5:00 pm  At Home Dryland	4:00-5:00 pm	4:00-5:00 pm  At Home Dryland		

## Silver:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:30 pm	6:15-7:30 pm	6:15-7:30 pm	6:15-7:30 pm		

## Black 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 pm Swim	5:15-6:15 pm Swim	5:15-6:15 pm Swim	5:15- 6:15 pm Swim		

## Red 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-4:30pm swim		4:00-4:30pm Swim			

## Red 2:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-5:15pm Swim	4:30-5:15pm Swim	4:30-5:15pm Swim	4:30-5:15 pm Swim		