



SRAYS Practice Schedule

Age Group Program

April 2-30



	Mon	Tues	Wed	Thurs	Fri	Sat
PERF (x8)	Swim 5:45 – 7:30am 4-6pm DryLand 6:15-7:15pm	Swim 4-6pm	Swim 5:45 – 7:30am Swim 4-5:45pm	Swim 4-6pm Dryland 6:30 – 7:15pm	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am Yoga 9:15 – 10:00am
AG1 (x7)	Swim 4-6pm DryLand 6:15-7:15pm	Swim 4-6pm	Swim 5:45-7:30am Swim 4-5:45pm	Swim 4-6pm Dryland 6:30 – 7:15pm	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am Yoga 9:15 – 10:00am
AG2P (x6)	Swim 4-6pm DryLand 6:15-7:15pm	Swim 4-6pm	Swim 5:45-7:30am	Swim 4-6pm Dryland 6:30 – 7:15pm	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am Yoga 9:15 – 10:00am
AG2 (x5)	Swim 4:00-5:45pm	Swim 4:00-5:30pm	Swim 5:45-7:00pm		Swim 5:45 – 7:30am	Swim 6:45 – 8:45am Yoga 9:15 – 10:00am
NOTES:						



SRAYS Practice Schedule

SilverRay, MiniRay & RecFit Program

April 2-30

	Mon	Tues	Wed	Thurs	Fri	Sat
Step-Up (x6)	Swim 5:45-7:30pm	Swim 4:00-5:30pm	Swim 4:00-5:45pm	Swim 4:30-6:00pm Dryland 6:30 – 7:15pm	Swim 4:15-6:00pm	Swim 6:45 – 8:45am Yoga 9:15 – 10:00am
SR3 (x4)	Swim 5:45 – 7:30pm	Swim 4:00-5:30pm	Swim 4:00 – 5:45pm		Swim 4:15-6:00pm	Swim 10:15 – 11:30am
SR2 (x4)	Swim 7:00 – 8:30pm		Swim 5:45 – 7:00pm		Swim 4:15-6:00pm	Swim 10:15 – 11:30am
SR1 (x3)		Swim 7:00 – 8:30pm		Swim 6:00 – 7:30pm		Swim 10:15-11:30am
MR (x3)	Swim 6:00-7:00pm		Swim 7:00-8:00pm		Swim 6:00-7:30pm	
Rec Fit (x1)	Swim 7:30-8:30pm				Swim 7:30-8:30pm	
NOTES:						



SRAYS Practice Schedule

Age Group Program

May 1-14



	Mon	Tues	Wed	Thurs	Fri	Sat
PERF (x8)	Swim 4-6pm DryLand 6:15-7:15pm	Swim 5:45 – 7:30am Swim 4-6pm	Swim 4-6pm Lift *6:00-7:00pm	Swim 5:45 – 7:30am Swim 4-6pm	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am
AG1 (x7)	Swim 4-6pm DryLand 6:15-7:15pm	Swim 4-6pm	Swim 4-6pm	Swim 5:45 – 7:30am Swim 4-6pm	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am
AG2P (x6)	Swim 4-6pm DryLand 6:15-7:15pm	Swim 5:45 – 7:30am	Swim 4-6pm	Swim (A)5:45 – 7:30am (B)4:00-5:15am	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am
AG2 (x5)	Swim 4-6pm	Swim 4-5:15pm	Swim 5:15-6:30pm		Swim 5:45 – 7:30am	Swim 6:45 – 8:45am

NOTES:

*Start time for 'lift is not confirmed. Looking to see if time can be changed from 6-7 to 6:30-7:30pm



SRAYS Practice Schedule

SilverRay Program

May 1-14



	Mon	Tues	Wed	Thurs	Fri	Sat
Step-Up (x6)	Swim 4:00-6:00pm	Swim 4:00-5:15pm	Swim 4:00-5:15pm	Swim 4:00-5:15pm	Swim 4:15-6:00pm	Swim 6:45 – 8:45am
SR3 (x4)		Swim 4:00-5:15pm	Swim (A) 4:00-5:15pm (B) 5:15-6:30pm	Swim 4:00-5:15pm	Swim 4:15-6:00pm	Swim 10:15 – 11:30am
SR2 (x4)		Swim 5:15-6:30pm		Swim 5:15-6:30pm	Swim 4:15-6pm	Swim 10:15 – 11:30am
SR1 (x3)	Swim 7:00-8:00pm		Swim 7:00-8:00pm			Swim 10:15-11:30am
NOTES:						



SRAYS Practice Schedule

MiniRay Program

May 1-14



	Mon	Tues	Wed	Thurs	Fri	Sat
MR+ <i>(x4)</i>	Swim 6:00-7:00pm		Swim 6:00-7:00pm		Swim 4:15-6:00pm	Swim 10:15-11:30am
MR <i>(x3)</i>	Swim 6:00-7:00pm		Swim 6:00-7:00pm		Swim 6:00-7:00pm	

Rec-Fit Program

	Mon	Tues	Wed	Thurs	Fri
Rec Fit <i>(x1)</i>					Swim 7:00 – 8:00pm



SRAYS Practice Schedule

Age Group Program

May 15 – June 30



	Mon	Tues	Wed	Thurs	Fri	Sat
PERF (x8)	Swim 4:00-6:00pm DryLand 6:15-7:15pm	Swim 5:45 – 7:30am Swim 4:00-6:00pm	Swim 4:00-6:00pm Lift *6:00-7:00pm	Swim 5:45 – 7:30am Swim 4:00-6:00pm	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am Yoga 9:15-10:00am
AG1 (x7)	Swim 4:00-6:00pm DryLand 6:15-7:15pm	Swim 4:00-6:00pm	Swim 4:00-6:00pm	Swim 5:45 – 7:30am Swim 4:00-6:00pm	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am Yoga 9:15-10:00am
AG2P (x6)	Swim 4:00-5:00pm	Swim 5:45 – 7:30am Dryland **5:30-6:30pm	Swim 4:00-6:00pm	Swim 4:00-6:00pm	Swim 5:45 – 7:30am TRX 5:30-6:30pm	Swim 6:45 – 8:45am Yoga 9:15-10:00am
AG2 (x5)	Swim 4:00-5:00pm	Dryland **5:30 – 6:30pm	Swim 5:15-6:30pm	Swim 4:00-6:00pm	Swim 5:45 – 7:30am	Swim 6:45 – 8:45am Yoga 9:15-10:00am

NOTES:

*Start time for 'lift is not confirmed. Looking to see if time can be changed from 6-7 to 6:30-7:30pm

**Potential dryland session (purple room), waiting to see if county salsa class is cancelled.



SRAYS Practice Schedule

SilverRay Program

May 15 – June 30

	Mon	Tues	Wed	Thurs	Fri	Sat
Step-Up (x6)	Swim 5:00-6:00pm	Swim 4:00-6:00pm	Swim 4:00-5:30pm	Swim 4:00-6:00pm	Swim 4:15-6:00pm	Swim 6:45 – 8:45am Yoga 9:15-10:00am
SR3 (x5)	Swim 5:00-6:00pm	Swim 4:00-6:00pm	Swim (A) 4:00-5:15pm (B) 5:15-6:30pm		Swim 4:15-6:00pm	Swim 10:15 – 11:30am
SR2 (x4)		Swim 6:00-7:00pm		Swim 6:00-7:00pm	Swim 4:15-6:00pm	Swim 10:15 – 11:30am
SR1 (x3)	Swim 7:00-8:00pm		Swim 7:00-8:00pm		Swim 4:15-6:00pm	
NOTES:						



SRAYS Practice Schedule

MiniRay Program

May 15 – June 30



	Mon	Tues	Wed	Thurs	Fri	Sat
MR+ <i>(x4)</i>	Swim 6:00-7:00pm		Swim 6:00-7:00pm		Swim 4:15-6:00pm	Swim 10:15-11:30am
MR <i>(x3)</i>	Swim 6:00-7:00pm		Swim 6:00-7:00pm		Swim 6:00-7:00pm	

Rec-Fit Program

	Mon	Tues	Wed	Thurs	Fri
Rec Fit <i>(x2)</i>					Swim 7:00 – 8:00pm