



Bob Sierra TYS – Thanksgiving Week Schedule

November 24 – November 29, 2025

TYS Senior – Bob Sierra

Monday Morning AND	7:00am–9:00am	Swim
Monday Afternoon @ Northdale Y	5:30pm–7:30pm	Swim & Dryland
Tuesday Morning AND	7:00am–9:00am	Swim
Tuesday Afternoon @ Northdale Y	5:30pm–7:30pm	Swim & Dryland
Wednesday Morning	7:00am–9:00am	Dryland & Swim
Thursday	No Practice	
Friday @ New Tampa Y	7:00am – 9:00am	Dynamic & Swim
Saturday @ New Tampa Y	7:00am – 9:00am	Dynamic & Swim

TYS Gold – Bob Sierra

Monday*	7:00am–9:00am	Dryland & Swim
Tuesday*	7:00am–9:00am	Dryland & Swim
Wednesday	7:00am–9:00am	Dryland & Swim
Thursday	No Practice	
Friday @ New Tampa Y	7:00am–9:00am	Dynamic & Swim
Saturday @ New Tampa Y	7:00am–9:00am	Dynamic & Swim

TYS Silver – Bob Sierra

Monday*	7:00am-9:00am	Dryland & Swim
Tuesday*	7:00am-9:00am	Dryland & Swim
Wednesday	7:00am-9:00am	Dryland & Swim
Thursday	No Practice	
Friday	No Practice	
Saturday @ New Tampa Y	7:00am-9:00am	Dynamic & Swim

TYS Bronze – Bob Sierra

Monday*	7:30am-9:00am	Dryland & Swim
Tuesday*	7:30am-9:00am	Dryland & Swim
Wednesday	7:30am-9:00am	Dryland & Swim
Thursday	No Practice	
Friday	No Practice	
Saturday @ New Tampa Y	7:30am- 9:00am	Dynamic & Swim

Monday and Tuesday make up practice available 5:30pm-7pm @ Northdale Y