



TYS Bob Sierra Schedule August 6, 2025 – May 2026

TYS Senior – Bob Sierra

Required Equipment: paddles, buoy, kickboard, fins, snorkel

Monday – Friday	4:45-7:30pm	Dryland & Swim
Saturday @ New Tampa	7:00-9:00am	Dynamic & Swim

TYS Gold – Bob Sierra

Required Equipment: paddles, buoy, kickboard, fins, snorkel

Monday – Friday	4:45-7:00pm	Dryland & Swim
Saturday @ New Tampa	7:00-9:00am	Dynamic & Swim

TYS Silver – Bob Sierra

Required Equipment: buoy, kickboard, fins, snorkel

Monday – Friday	5:30-7:30pm	Dryland & Swim
Saturday @ New Tampa	7:00-9:00am	Dynamic & Swim

TYS Bronze – Bob Sierra

Required Equipment: buoy, kickboard, fins, snorkel

Monday – Friday	4:30-6:00pm	Swim & Dryland
Saturday @ New Tampa	7:30-9:00am	Dynamic & Swim

On the following days, TYS practice schedule will be adjusted for hosted high school meets:

- **8/28**
- **9/11**
- **9/30**
- **10/6**