

SPY Summer Practice Schedule

Senior

Day	Time	Description
Mon AM	7:30 AM to 9:30 AM	2 Hour Swim
Mon PM	3:30 PM to 5:30 PM	45 Minute Dryland, 1 Hour Swim
Tue AM	7:30 AM to 9:30 AM	2 Hour Swim
Tue PM	6:00 PM to 8:00 PM	2 Hour Swim
Wed AM	7:30 AM to 9:30 AM	2 Hour Swim
Wed PM	3:30 PM to 5:30 PM	45 Minute Dryland, 1 Hour Swim
Thu AM	7:30 AM to 9:30 AM	2 Hour Swim
Thu PM	6:00 PM to 8:00 PM	2 Hour Swim
Fri AM	7:30 AM to 9:30 AM	2 Hour Swim
Fri PM	3:30 PM to 5:30 PM	45 Minute Dryland, 1 Hour Swim
Sat AM	7:00 AM to 9:30 AM	2 Hour Swim, 30 Minute Dryland

Senior Prep

Day	Time	Description
Mon AM	7:30 AM to 9:30 AM	2 Hour Swim
Mon PM	6:30 PM to 8:00 PM	30 Minute Dryland, 60 Minute Swim
Tue AM	7:30 AM to 9:30 AM	2 Hour Swim
Tue PM	3:30 PM to 5:30 PM	90 Minute Swim, 30 Minute Dryland
Wed AM	7:30 AM to 9:30 AM	2 Hour Swim
Wed PM	6:30 PM to 8:00 PM	30 Minute Dryland, 60 Minute Swim
Thu AM	7:30 AM to 9:30 AM	2 Hour Swim
Thu PM	3:30 PM to 5:30 PM	90 Minute Swim, 30 Minute Dryland
Fri AM	7:30 AM to 9:30 AM	2 Hour Swim
Sat AM	8:30 AM to 11:00 AM	30 Minute Dryland, 2 Hour Swim

Advanced Age Group

Day	Time	Description
Mon AM	7:30 AM to 9:00 AM	1 Hour 30 Minute Swim
Mon PM	5:30 PM to 7:00 PM	1 Hour 30 Minute Swim
Tue AM	7:30 AM to 9:00 AM	1 Hour 30 Minute Swim
Tue PM	5:00 PM to 6:00 PM	1 Hour Swim
Wed AM	7:30 AM to 9:00 AM	1 Hour 30 Minute Swim
Wed PM	5:30 PM to 7:00 PM	1 Hour 30 Minute Swim
Thu AM	7:30 AM to 9:00 AM	1 Hour 30 Minute Swim
Thu PM	5:00 PM to 6:00 PM	1 Hour Swim
Fri PM	5:30 PM to 7:00 PM	1 Hour 30 Minute Swim
Sat AM	9:00 AM to 10:15 AM	1 Hour 15 Minute Swim

Age Group

Day	Time	Description
Mon AM	7:30 AM to 9:00 AM	1 Hour 30 Minute Swim
Mon PM	5:30 PM to 7:00 PM	1 Hour 30 Minute Swim
Tue AM	7:30 AM to 9:00 AM	1 Hour 30 Minute Swim
Tue PM	5:00 PM to 6:00 PM	1 Hour Swim
Wed AM	7:30 AM to 9:00 AM	1 Hour 30 Minute Swim
Wed PM	5:30 PM to 7:00 PM	1 Hour 30 Minute Swim
Thu AM	7:30 AM to 9:00 AM	1 Hour 30 Minute Swim
Thu PM	5:00 PM to 6:00 PM	1 Hour Swim
Fri PM	5:30 PM to 7:00 PM	1 Hour 30 Minute Swim
Sat AM	11:00 AM to 12:00 PM	1 Hour Swim

Beginner

Day	Time	Description
Mon PM	5:30 PM to 6:30 PM	1 Hour Swim
Tue PM	5:00 PM to 6:00 PM	1 Hour Swim
Wed PM	5:30 PM to 6:30 PM	1 Hour Swim
Thu PM	5:00 PM to 6:00 PM	1 Hour Swim
Fri PM	5:30 PM to 6:30 PM	1 Hour Swim
Sat AM	10:15 AM to 11:00 AM	45 Minute Swim

The first three AM practices will be at Kerasotes Tuesday-Thursday 5/28-30
Monday through Friday AM Practices will be at Nelson Center beginning 5/31 with the exception of Friday 6/7.
All PM and Saturday practices will be at the Kerasotes Branch of the YMCA
The AM practice schedule will begin Tuesday 5/28. The PM practice schedule will start on Monday 6/3.