


# SWIM TEAM

2023-2024 ~ BCY BRANCH WINTER PRACTICE SCHEDULE



Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	12:00-1:15pm @ LCY	OFF	OFF	6:15-7:00pm	OFF	5:45-6:30pm	OFF
Purple	OFF	6:15-7:00pm	5:00-6:15pm	OFF	OFF	OFF	8:30-9:45am @ LCY
Arctic	1:15-3:00pm @ LCY	7:00-8:30pm	OFF	OFF	OFF	6:30-7:45pm	OFF
Blue	3:00-5:00pm @ LCY	OFF	6:15-8:00pm	7:00-8:30pm	4:15-5:45pm	OFF	OFF
Senior	8:00am-10:00am @ LCY	4:15-6:15pm	OFF	4:15-6:15pm	6:30-8:30pm	4:15-5:45pm	OFF
Stroke & Conditioning 10 & Under A	OFF	OFF	5:15-5:45pm	OFF	5:45-6:15pm	OFF	OFF
Stroke & Conditioning 10 & Under B			5:45-6:15pm		5:45-6:15pm		
Stroke & Conditioning 11 & Over	OFF	6:15-7:00pm	OFF	6:15-7:00pm	OFF	5:45-6:30pm	OFF