

Group	Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Intro to Team*</b>	Central Y				4:30-5:30pm*		
<b>Mini Breakers</b>	Central Y	4:30-5:30pm		4:30-5:30pm			
<b>Bronze</b>	Central Y	5:30-6:30pm		5:30-6:30pm	5:30-6:30pm		
<b>Silver</b>	West Y		5:00-6:00pm	Dryland 4:00-4:45pm Swim 5:00-6:00pm	5:00-6:00pm		
<b>Gold</b>	West Y	4:00-5:30pm	4:00-5:00pm	Swim 4:00-5:00pm Dryland 5:00-5:45pm	4:00-5:00pm		
<b>Senior Dev</b>	West Y	5:30-7:30pm	Dryland 5:00-5:50pm Swim 6:00-7:30pm	OFF	Dryland 5:00-5:50pm Swim 6:00-7:30pm	4:00-6:00pm	9:00-11:00am
<b>Senior</b>	West Y	5:30-7:30pm	Dryland 5:00-5:50pm Swim 6:00-7:30pm	6:00-7:30pm	Dryland 5:00-5:50pm Swim 6:00-7:30pm	4:00-6:00pm	9:00-11:00am

\*Intro to team- for new team members only needs to contact Coach Kathy 231-346-4969 or [kathy@gtbayymca.org](mailto:kathy@gtbayymca.org)

Session #1 9/11,9/16,9/25/, 10/2

Session #2 10/9,10/16,10/23,10/30

Session #3 11/6,11/13,11/20,12/4