

TYDE Swim Practice Schedule 2023-2024

(additional SwimStrong Dryland practices will be scheduled by site and group)

(Updated 9/27/2023)

START DATES:

Gold - Monday, August 21, 2023

Silver - Monday August 28, 2023

Bronze - Tuesday, September 5, 2023

Prep Academy - Wednesday, September 6, 2023

Davie	(215 Cemetery St, Mocksville, NC 27028)		
Prep Mini/Jr/Sr	5:30-6:15 pm	T/TH	
Bronze 1 & 2	5:30-6:30 pm	M/T/TH	
High School Prep	6:30-7:30 pm	M-TH (Sept.-Oct.)	
Gold 3/4	6:15-7:55 pm	M-TH (Sept.-Oct.)	

Fulton (385 W Hanes Mill Rd, Winston-Salem, NC 27105)

*Saturday morning practices will begin on 9/9

Gold 1 & 2	4:30-5:45 pm (G1)	M-F	
	4:30-6:00 pm (G2)	M-F	
	Dryland 6:00-6:30 pm	T/TH	
	8:00-10:45 am	Sat Swim/Dryland	
Gold 3 & 4	5:30-7:15 am	M-F	
	5:30-6:15 am Dryland	T/TH	
Gold & Silver 3 & 4	7:00-10:00 am	Sat Swim/Dryland	

Jerry Long (1150 S. Peace Haven Rd, Clemmons, NC 27012)

Silver 3 & 4	5:30-7:00 am	M-F	
Bronze 1	3:15-4:15 pm	M/W/F	
Prep Mini/Jr	3:15-4:00 pm	T/TH	
Silver 1 & 2	4:15-5:15 pm	M-F	
Prep Mini/Jr	5:15-6:00 pm	T/TH	
Bronze 2	5:15-6:15 pm	M/W/F	
Bronze 3 & 4	6:15-7:15 pm	M-TH	

J. Smith Young (Lexington)(119 W. 3rd Avenue, Lexington, NC 27292)

Bronze 1 & 2	4:00-5:00 pm	M/T/TH
Silver 1 & 2	4:00-5:15 pm	M-TH
Silver 3 & 4	5:00-6:15 pm	M-TH
Bronze 3 & 4	5:15-6:15 pm	M-TH
Prep Mini/Jr	6:15-7:00 pm	M/W or T/TH
Prep Sr	6:15-7:00 pm	M/W or T/TH

Kernersville (1113 West Mountain St, Kernersville, NC 27284)

Prep Mini/Jr	5:30-6:15 pm	M/W
Prep Sr	5:30-6:15 pm	T/TH
Bronze 1	5:15-6:15 pm	M/T/TH
Bronze 2	5:15-6:15 pm	M/T/TH
Bronze 3 & 4	6:15-7:15 pm	M-TH
Silver 1 & 2	6:15-7:30 pm	M-TH

Statesville (828 Wesley Dr., Statesville, NC 28677)

Prep Mini/Jr/Sr	4:00-4:45 pm	T/TH
Bronze 1 & 2	5:00-6:00 pm	M/T/TH
Bronze 3 & 4	5:00-6:00 pm	M-TH
High School Prep	5:00-6:00 pm	M-TH

Stokes (105 Moore Rd, King, NC 27021)

Prep Min/Jr/Sr	5:00-5:45 pm	T/TH
Bronze 1 & 2	5:00-6:00 pm	M/T/TH
Bronze 3 & 4	5:00-6:00 pm	M/T/TH

William G White, Jr. (775 West End Blvd, Winston-Salem, NC, 27101)

Bronze 2	3:30-4:30 pm	M/W/F
Prep Jr	3:45-4:30 pm	T/TH
Bronze 1	4:30-5:30 pm	M/W/F
Mini Prep	4:30-5:15 pm	T/TH
Bronze 3 & 4	5:30-6:30 pm	M-TH
Silver 3 & 4	5:30-6:45 pm	M-F
Sr Prep	6:45-7:30pm	T/TH

Wilkes (1801 YMCA Blvd, Wilkesboro, NC 28697)

Prep Mini/Jr/Sr	4:00-4:45 pm	T/TH
Bronze 1 & 2	4:45-5:45 pm	M/T/TH
Bronze 3 & 4	4:45-5:45 pm	M/T/TH

Winston Lake (901 Waterworks Rd, Winston-Salem, NC 27101)

***Saturday morning practices will begin on 9/16**

(Limited Saturday practices will be scheduled)

Gold 3 & 4	4:45-6:30 pm	M/W/F
	4:45-5:30 pm Dryland	T/TH
	5:30-7:00 pm Swim	T/TH
	7:00-10:00 am (<i>Fulton</i>)	Sat Swim/Dryland
Bronze 3 & 4	8:00-9:00 am	Sat Swim
Silver 1 & 2	9:00-10:00 am	Sat Swim
Bronze 2	9:00-10:00 am	Sat Swim

Yadkin (6540 Service Rd, Yadkinville, NC 27055)

***ALL GROUPS practice at Wilkes Family YMCA through 9/28**

Bronze 1 & 2	5:00-6:00 pm	M/W/F
Bronze 3 & 4	4:00-5:00 pm	M-TH
Silver 3 & 4	4:00-5:15 pm	M-F

TYDE Practice Schedule by Group 2023-2024 (Tentative)

<u>Group</u>	<u>Level</u>	<u>Location(s)</u>
Gold	1 & 2	Fulton Family YMCA
	3 & 4	Fulton Family YMCA
Silver	1 & 2	Jerry Long, J. Smith Young (Lex), Kernersville
	3 & 4	Jerry Long, WGW
Bronze	1 & 2	Davie, Jerry Long, J.Smith Young (Lex), Kernersville, Statesville, Stokes, William G White Jr., Wilkes, Yadkin
	3 & 4	Jerry Long, J.Smith Young (Lex), Kernersville, Statesville, Stokes, William G White, Jr., Wilkes, Yadkin
Prep Academy	Mini/Jr	Davie, Jerry Long, J.Smith Young (Lex), Kernersville, Statesville, Stokes, William G White Jr., Wilkes
	Sr	Davie, J.Smith Young (Lex), Kernersville, Statesville, Stokes, William G White Jr., Wilkes
	H.S.	Davie, Statesville

TYDE practice schedules are subject to change based on pool, coach, capacity, or group sizes.