

# MARINERS SUMMER TRAINING 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Gold &amp; Platinum</b>	6:00-7:45am @ FP	<b>6:00-7:00am Dryland @ YMCA</b> 7:00-8:45am @ FP	6:00-7:45am @ FP	<b>6:00-7:00am Dryland @ YMCA</b> 7:00-8:45am @ FP	6:00-7:45am @ FP
<b>Silver &amp; Gray*</b>	7:15-8:45am @ FP	6:00-7:30am @ FP <b>7:30- 8:30am Dryland @ FP</b>	7:15-8:45am @ FP	6:00-7:30am @ FP <b>7:30- 8:30am Dryland @ FP</b>	7:15-8:45am @ FP
<b>Gray/White/ Red</b>	5:00-6:15pm @ YMCA	<b>4:30-4:55pm Dryland (Gray)</b> 5:00-6:15pm @ YMCA <b>6:20-6:55pm Dryland (Red&amp;White)</b>	5:00-6:15pm @ YMCA	<b>4:30-4:55pm Dryland (Red&amp;White)</b> 5:00-6:15pm @ YMCA <b>6:20-6:55pm Dryland (Gray)</b>	OFF

**Schedule Tentative Starts 6/17/24**

**\*Any 12/u swimmers that are not currently in Silver that are interested in practicing with Silver MUST have coaches approval**

**LAST UPDATED 3/26/2024**