

GTAC Fall 2025 Practice Schedule #2

102725

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MINI-MINNOWS	STRETCH	4:45-5:00PM		4:45-5:00PM		4:45-5:00PM	12:30-12:45pm
	SWIM	5:00-6:00PM		5:00-6:00PM		5:00-6:00PM	12:45-1:45pm
MINNOWS	STRETCH		4:45-5:00PM		4:45-5:00PM	4:45-5:00PM	12:30-12:45pm
	SWIM		5:00-6:00PM		5:00-6:00PM	5:00-6:00PM	12:45-1:45pm
BRONZE	DRYLAND	5:30-6:00PM		5:30-6:00PM			
	STRETCH		5:45-6:00PM		5:45-6:00PM	5:45-6:00PM	12:30-12:45pm
	SWIM	6:00-7:15PM	6:00-7:15PM	6:00-7:15PM	6:00-7:15PM	6:00-7:15PM	12:45-2:00pm
SILVER	DRYLAND		6:15-6:45PM		6:15-6:45PM		
	STRETCH	6:30-6:45PM		6:30-6:45PM		6:30-6:45PM	10:45-11:00am
	SWIM	6:45-8:30PM	6:45-8:30PM	6:45-8:30PM	6:45-8:30PM	6:45-8:30PM	11:00-12:45pm
GOLD	DRYLAND	6:30-7:15PM		6:30-7:15PM			
	STRETCH		7:00-7:15PM		7:00-7:15PM	7:00-7:15PM	10:45-11:00am
	SWIM	7:15-9:00PM	7:15-9:00PM	7:15-9:00PM	7:15-9:00PM	7:15-9:00PM	11:00-12:45pm
SFS	STRETCH	3:00-3:15PM	3:00-3:15PM	3:00-3:15PM	3:00-3:15PM	3:00-3:15PM	
	SWIM	3:15-5:00PM	3:15-5:00PM	3:15-5:00PM	3:15-5:00PM	3:15-5:00PM	
SENIOR/SUA	STRETCH	5:30-5:45AM		5:30-5:45AM			
	SWIM	5:45-7:30AM		5:45-7:30AM			
	STRETCH	4:45-5:00PM	4:45-5:00PM	4:45-5:00PM	4:45-5:00PM	4:45-5:00PM	8:45-9:00am
	SWIM	5:00-6:45PM	5:00-6:45PM	5:00-6:45PM	5:00-6:45PM	5:00-6:45PM	9:00-11:00am
	DRYLAND	6:45-8:15PM	6:45-8:15PM		6:45-8:15PM		11:00-12:15pm
HIGH SCHOOL	STRETCH	8:15-8:30PM	8:15-8:30PM	8:15-8:30PM	8:15-8:30PM	8:15-8:30PM	
	SWIM	8:30-10:00PM	8:30-10:00PM	8:30-10:00PM	8:30-10:00PM	8:30-10:00PM	