

	GTAC 2026 Spring Session	ALL Practices are at SFS	1/28/26					
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MINI-MINNOWS	STRETCH	5:45-6:00PM		5:45-6:00PM		5:45-6:00PM	
		SWIM	6:00-7:00PM		6:00-7:00PM		6:00-7:00PM	
	MINNOWS	STRETCH		5:45-6:00PM		5:45-6:00PM	5:45-6:00PM	
		SWIM		6:00-7:00PM		6:00-7:00PM	6:00-7:00PM	
	BRONZE	DRYLAND		5:30-6:00PM		5:30-6:00PM		
		STRETCH	5:45-6:00PM		5:45-6:00PM		5:45-6:00PM	
		SWIM	6:00-7:00PM	6:00-7:00PM	6:00-7:00PM	6:00-7:00PM	6:00-7:00PM	
	SILVER/GOLD	DRYLAND	G-6:15-7:00PM	S-6:30-7:00PM	G-6:15-7:00PM	S-6:30-7:00PM		
		STRETCH	S-6:45-7:00PM	G-6:45-7:00PM	S-6:45-7:00PM	G-6:45-7:00PM	6:45-7:00PM	
		SWIM	7:00-8:30PM	7:00-8:30PM	7:00-8:30PM	7:00-8:30PM	7:00-8:30PM	
	SENIOR	STRETCH		5:45-6:00AM		5:45-6:00AM		
		SWIM		6:00-7:30AM		6:00-7:30AM		
		STRETCH	3:45-4:00PM	3:45-4:00PM	3:45-4:00PM	3:45-4:00PM	3:45-4:00PM	
		SWIM	4:00-5:45PM	4:00-5:45PM	4:00-5:45PM	4:00-5:45PM	4:00-5:45PM	
		DRYLAND	6:00-7:00PM	6:00-7:00PM	6:00-7:00PM	6:00-7:00PM		