

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		