



YMCA at the Heights Hurricanes Swim Team Practice Schedule Starts September 15th

<u>Group</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Age Group</u>
Green		6:45-7:45 PM					5-10 (Pre-Comp)
Maroon	7:00-8:00 PM	6:45-7:45 PM					5-10
Bronze X and Y	Bronze X 6:45-8 pm	All Groups 6:30- 8:00 PM		Yoga-Please see below for times Bronze Y 6:45-8:00 PM	Bronze X 5:00- 6:15 PM Bronze Y 6:15-7:30 PM	Make Up Day 8:30-9:30 AM	7-10
Blue	7:00-8:00 PM		4:45-5:15 TRX Room 5:15-6:30 PM	Yoga-Please see below for times	6:00-7:30 PM	Make Up Day 8:30-9:30 AM	11-19
Silver		TRX-Please see below time for TRX times. 5:00-6:30 PM	6:30-8:00 PM	Yoga-Please see below for times 6:30- 8:00 PM	6:00-7:30 PM	Make Up Day 7:30-9:00 AM	11-14
Gold	4:40-5:10 TRX Room 5:15-6:45 PM	TRX-Please see below time for TRX times.	6:30-8:00 PM	Yoga-Please see below for times 5:00- 6:30 PM	4:00-6:00 PM	Make Up Day 7:30-9:30 AM	11-14
Senior	5:00-7:00 PM	TRX-Please see below time for TRX times. 5:00- 6:45 PM	4:30-5:00 PM Weight Room 5:00-6:30 PM	Yoga-Please see below for times 4:30- 5:00 PM Lift 5:00-6:45 PM	4:00-6:00 PM	7:30-9:30 AM	14-18 (Must be in high school or approval from coach)
High School	5:00-7:00 PM		4:30-5:00 PM Weight Room 5:00-6:30 PM				14-18 (No Meets)

ALL Swimmers will meet on the deck before going to the TRX room, Weight Room or Mat Room.

Parents must email Coach Deanna at dmurlin@daytonymca.org by Noon on Friday if they plan on being at practice on Saturday so that we can ensure we have a coach.



Group	TRX Dates (Tuesday) All times are PM with Tim													
Silver	Sep 16 5-5:30	Sep 23 4:30-5	Sep 30 5-5:30	Oct 7 4:30-5	Oct 14 5-5:30	Oct 21 5-5:30	Oct 28 5-5:30	Nov 4 4:30-5	Nov 11 5-5:30	Nov 18 4:30-5	Nov 25 5-5:30	Dec 2 4:30-5	Dec 9 5-5:30	
	Dec 23 4:30-5	Dec 30 5-5:30	Jan 6 4:30-5	Jan 13 5-5:30	Jan 20 4:30-5	Jan 27 5-5:30	Feb 3 4:30-5	Feb 10 5-5:30	Feb 17 4:30-5	Feb 24 5-5:30	Mar 3 4:30-5	Mar 10 5-5:30	Mar 17 4:30-5	
Gold	Sep 23 4:30-5		Oct 7 5-5:30		Oct 21 4:30-5		Nov 4 5-5:30		Nov 18 4:30-5		Dec 2 5-5:30		Dec 16 4:30-5	
	Dec 30 5-5:30		Jan 13 4:30-5		Jan 27 5-5:30		Feb 10 4:30-5		Feb 24 5-5:30		Mar 10 4:30-5		Mar 17 5-5:30	
Senior	Sep 16 4:30-5	Sep 23 5-5:30	Sep 30 4:30-5	Oct 7 5-5:30	Oct 14 4:30-5	Oct 21 5-5:30	Oct 28 4:30-5	Nov 4 5-5:30	Nov 11 4:30-5	Nov 18 5-5:30	Nov 25 4:30-5	Dec 2 5-5:30	Dec 9 4:30-5	
	Dec 23 5-5:30	Dec 30 4:30-5	Jan 6 5-5:30	Jan 13 4:30-5	Jan 20 5-5:30	Jan 27 4:30-5	Feb 3 5-5:30	Feb 10 4:30-5	Feb 17 5-5:30	Feb 24 4:30-5	Mar 3 5-5:30	Mar 10 4:30-5	Mar 17 5-5:30	

Yoga Dates (Thursday). All times are 6PM and with Bernita	
Group	Dates
Bronze	Sept 25 th , Oct 16 th , Nov 6 th , Dec 4 th , Jan 8 th , Jan 29 th , Feb 19 th , Mar 12
Blue	Sept 18 th , Oct 9 th , Oct 30 th , Nov 20 th , Dec 18 th , Jan 22 nd , Feb 12 th , Mar 5
Silver	Oct 2 nd , Oct 23, Nov 13 th , Dec 11, Jan 15 th , Feb 5 th , Feb 26, Mar 19 th
Gold	Sept 25 th , Oct 16 th , Nov 6 th , Dec 4, Jan 8 th , Jan 29 th , Feb 19 th , Mar 12 th
Senior & High School	Sept 18 th , Oct 9 th , Oct 30 th , Nov 20 th , Dec 18 th , Jan 22 nd , Feb 12 th , Mar 5 th

- Class Schedules

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