



CFY Swimming- Coffman Site 2025-2026 Short Course Practice Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y-Elite Group							
PM	3:45-5:45PM	3:45-5:45PM	3:45-5:45PM	3:45-5:45PM			
AM *			5:00-6:30AM		5:00-6:30AM	7:00-9:00AM	
Dryland		5:15-6:15AM		5:15-6:15AM		6:00-6:45AM	
Gold Group							
PM	3:45-5:45PM	3:45-5:45PM	3:45-5:45PM	3:45-5:45PM			
AM						7:00-9:00AM	
Dryland		5:15-6:15AM		5:15-6:15AM		6:00-6:45AM	
Silver Group							
Water Time	7:00-8:30PM			6:45-8:15PM	4:00-5:30PM	9:00-10:30AM	2:30-4:00PM
Dryland (MP Gym)		5:30-6:30PM		5:30-6:30PM			
White Group							
Water Time		6:45-8:15PM	7:00-8:30PM		5:30-7:00PM	10:30-11:45AM	1:15-2:30PM
Dryland (MP Gym)		6:00-6:30PM			5:00-5:30PM		
Green Group							
Water Time	5:45-7:00PM		5:45-7:00PM			11:45AM-1:00PM	12:00-1:15PM
Dryland (MP Gym)	5:30-5:45PM		5:30-5:45PM				
Gray Group							
Water Time		5:45-6:45PM		5:45-6:45PM		1:00-2:00PM	
Dryland (MP Gym)		5:30-5:45PM		5:30-5:45PM			

Practices begin Monday, September 8.

*Wednesday/Friday AM swim practices for Y-Elite begin September 29.

Saturday AM Practices for White, Green, Gray Groups begin September 27.