



## **CFY Swimming- Xenia Site 2025-2026 Short Course Practice Schedule**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Gold Group</b>							
PM	At Coffman	3:45-5:30PM	At Coffman	At Coffman			
AM						At Coffman	
Dryland		5:15-6:15AM		5:15-6:15AM		At Coffman	
<b>Silver Group</b>							
Water Time	At Coffman	3:45-5:30PM	3:45-5:30PM	3:45-5:30PM		7:00-8:30AM	
Dryland						8:45-9:45AM	
<b>White Group</b>							
Water Time	5:30-7:00PM		5:30-7:00PM	5:30-7:00PM	5:30-6:45PM	9:00-10:15AM	
Dryland (on deck)	5:15-5:30PM			5:15-5:30PM			
<b>Green Group</b>							
Water Time		5:30-6:45PM		5:30-6:45PM		9:00-10:15AM	1:15-2:30PM
Dryland (on deck)		5:15-5:30PM		5:15-5:30PM			
<b>Gray Group</b>							
Water Time		5:30-6:45PM	5:30-6:45PM			9:00-10:15AM	
Dryland (on deck)		5:15-5:30PM	5:15-5:30PM				