



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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold Group							
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	
Silver Group							
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	
White Group							
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			
Green Group							
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			
Gray Group							
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				

Practices begin Monday, September 8.

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