

## CFY Swimming- Coffman Site 2025 Summer Long Course Practice Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y-Elite Group							
Woodhaven	6:30-8:30AM	6:30-8:30AM	6:30-8:30AM	6:30-8:30AM	6:30-8:30AM	Off	Off
Dryland	TBD		TBD				
Gold Group							
Woodhaven	6:30-8:30AM	6:30-8:30AM	6:30-8:30AM	6:30-8:30AM	6:30-8:30AM	Off	Off
Dryland	TBD		TBD				
Silver Group							
Coffman YMCA	7:00-8:30PM		7:00-8:30PM			Off	Off
Woodhaven					7:15-8:30AM		
White Group							
Coffman YMCA	4:00-5:30PM		4:00-5:30PM			Off	Off
Woodhaven					7:15-8:30AM		
Green Group							
Coffman YMCA	5:30-6:45PM		5:30-6:45PM			Off	Off
Woodhaven					7:15-8:30AM		
Gray Group							
Coffman YMCA	5:30-6:30PM		5:30-6:30PM			Off	Off
Woodhaven					7:15-8:30AM		

Open Water practices TBD for participating groups.

Practices begin June 2. Practices end following SWOYSL LC Champs / YMCA LC Nationals