



## PRACTICE SCHEDULE, SENIOR PROGRAM

	Start Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Senior Blue</b>	Aug. 25	5:30 - 7:30am Swim	5:30 - 7:30 am Swim	5:30 - 8:00am Dryland + Swim	5:30 - 7:30 am Swim	5:30 - 7:30am Swim	6:00 - 8:30am Dryland + Swim
<b>Senior Orange</b>	Aug. 25	5:30 - 7:30 am Swim	5:30 - 7:30 am Swim	5:30 - 8:00 am Dryland + Swim	5:30 - 7:30 am Swim	5:30 - 7:30 am Swim	6:00 - 8:30 am Dryland + Swim
<b>Senior National</b>	Aug. 25	5:30 - 7:30 am Swim	5:30 - 7:30am Swim	5:30 - 8:00am Dryland + Swim	5:30 - 7:30 am Swim	5:30 - 7:30 am Swim	6:00 - 8:30 am Dryland + Swim

*All sessions to be held at the Brooks Family YMCA - 151 McIntire Park Drive, Charlottesville, VA 22902*

