

YOTA at Kerr Fall/Winter Schedule - Starts September 3rd

This schedule is subject to change as needed

	Silver	Purple	White	Green
Monday	4:00 - 6:15 pm Last 30 minutes dryland	4:15 - 6:15 pm Last 30 minutes dryland	5:45 - 7:00 pm	5:45 - 6:45 pm
Tuesday	4:00 - 6:15 pm Last 30 minutes dryland	Off	Off	Off
Wednesday	4:00 - 5:45 pm Swim only	4:15 - 5:45 pm Swim only	5:45 - 7:00 pm	5:45 - 6:45 pm
Thursday	4:00 - 6:15 pm Last 30 minutes dryland	4:15 - 6:15 pm Last 30 minutes dryland	Off	Off
Friday	4:00 - 5:45 pm Swim only	4:15 - 5:45 pm	5:45 - 7:00 pm	5:45 - 6:45 pm
Saturday	7:00 - 9:00 am Last 30 minutes dryland	7:00 - 9:00 am Last 30 minutes dryland	8:30 - 9:45 am	Off

YOTA Prep: Tuesdays 5:00 - 6:00 pm; Fridays 5:45-6:45 pm

Junior Prep: Mondays, Wednesdays and Fridays 6:45-8:00 pm

****YOTA Swim Team and Prep Groups will have 6 lanes for practice throughout the night, leaving 2 lanes open for YMCA Member Lap Swim****