

Graham Aquatic Center
USA & YMCA Competitive Team's Practice Schedule (2019-2020)

Senior A - Graham Aquatic Center							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:45-6:45am		5:45-6:45am			
PM (water)	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	8:00 -10:30am	
PM (land)	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		10:30 - 11:00am	

Senior B - Graham Aquatic Center							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:45-6:45am		5:45-6:45am			
PM (water)	4:00-6:00pm	4:00-6:00pm	4:00 - 6:00pm	4:00-6:00pm	4:00 - 6:30pm	8:00 -10:30am	
PM (land)	6:00-6:30pm	6:00-7:00pm	6:00 - 6:30pm	6:00-6:30pm		10:30 - 11:00am	

Junior A - Graham Aquatic Center							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(land)	6:00-6:15pm	6:00-6:15pm		6:00-6:15pm	6:00-6:15pm		
(water)	6:15-8:00pm	6:15-8:00pm	6:00-7:00pm	6:15-8:00pm	6:15-7:30pm	1030am-12:30pm	

Junior B - Graham Aquatic Center							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(land)		6:00-6:15pm		6:00-6:15pm	6:00-6:15pm		
(water)	6:15-7:45pm	6:15-7:45pm	6:00-7:00pm	6:15-7:45pm	6:15-7:45pm	1030am-12:30pm	

Advanced - Graham Aquatic Center							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:45 - 8:00pm	6:45 - 8:00pm	6:45 - 8:00pm	6:45 - 8:00pm	6:45 - 8:00pm		

Novice - Graham Aquatic Center							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 - 6:45pm	5:45 - 6:45pm		5:45 - 6:45pm	5:45 - 6:45pm		

Pre team - Graham Aquatic Center							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:00 - 6:45pm			10:00 - 10:45am	

*Land consists of strength training, coordination skills, range of motion, mental training, swimming technique analysis etc

*This practice schedule will be adjusted around holidays, meets, and other team events. The adjusted schedule will be emailed and posted.

