

2017 Retreiver Long Course Practice Schedule

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Gold	6:15-7am Dryland 7-9am Swim	6-8am Swim 8-8:45am Dryland & 2:30-4pm	6:15-7am Dryland 7- 9am Swim	6-8am Swim 8-8:45am Dryland & 2:30-4pm	6-8am Swim Only	6-8am Swim Only	OFF
Senior Yellow	7-9am Swim 9-9:30 Dryland	7-7:30am Dryland 7:30-9:30 Swim	7-9am Swim 9-9:30 Dryland	7-7:30am Dryland 7:30-9:30 Swim	7-9am Swim Only	6-8am Swim Only	OFF
Pre-Senior	7-9am Swim 9-9:30 Dryland	7-7:30am Dryland 7:30-9:30 Swim	7-9am Swim 9-9:30 Dryland	7-7:30am Dryland 7:30-9:30 Swim	7-9am Swim Only	6-8am Swim Only	OFF
Age Group Gold	4:30-5pm Dryland 5-6:30pm Swim	4:30-5pm Dryland 5-6:30pm Swim	4:30-5pm Dryland 5-6:30pm Swim	4:30-5pm Dryland 5-6:30pm Swim	4:30-6pm	OFF	OFF
Age Group Yellow	5:30-7pm Swim 7-7:15pm Dryland	5:30-7pm Swim 7-7:15pm Dryland	5:30-7pm Swim 7-7:15pm Dryland	5:30-7pm Swim 7-7:15pm Dryland	4:30-6pm	OFF	OFF
Age Group Red	5-6:30pm	5-6:30pm	5-6:30pm	5-6:30pm	OFF	OFF	OFF
Age Group White	5-6pm	5-6pm	OFF	5-6pm	OFF	OFF	OFF