

2017-18 Hydra Swim Practice Schedule: REVISED

Fall: September 5-October 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold/Sr	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:00	11:00-1:30
Silver 2	5:30-7:30	4:30-6:30	5:30-7:30	4:30-6:30	6:00-7:30	11:00-1:00
Silver 1	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	6:00-7:30	12:00-2:00
Bronze	5:30-7:15	5:30-7:15	5:30-7:15	5:30-7:15	6:00-7:15	12:00-2:00
Navy	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:15	off

Winter: October 30-Champs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Last Day
Gold/Sr	6:00-8:30	6:00-8:30	6:00-8:30	6:00-8:30	6:30-8:30	11:00-1:30	March 4/Sect.
Silver 2	6:15-8:15	6:15-8:15	6:15-8:15	6:15-8:15	6:45-8:15	11:00-1:00	Feb 18 or Mar 18
Silver 1	6:15-8:00	6:15-8:00	6:15-8:00	6:15-8:00	6:45-8:00	12:00-2:00	Feb 18 or Mar 18
Bronze	6:00-7:45	6:00-7:45	6:00-7:45	6:00-7:45	6:00-7:15	12:00-2:00	Feb 18 or Mar 18
Navy	6:00-7:15	6:00-7:15	6:00-7:15	6:00-7:15	6:00-6:45	off	Feb 11

Spring: April 4-May 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold/Sr	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:00	11:00-1:30
Silver 2	5:30-7:30	4:30-6:30	5:30-7:30	4:30-6:30	6:00-7:30	11:00-1:00
Silver 1	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	6:00-7:30	12:00-2:00
Bronze	5:30-7:15	5:30-7:15	5:30-7:15	5:30-7:15	6:00-7:15	12:00-2:00
Navy	5:30-6:45	5:30-6:45	OFF	5:30-6:45	5:30-6:15	12:00-1:15

Summer: May 29-Champs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Last Day
Gold/Sr	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:00	11:00-1:30	Seniors, TBD
Silver 2	5:30-7:30	4:30-6:30	5:30-7:30	4:30-6:30	6:00-7:30	11:00-1:00	Jul 8 or Jul 22
Silver 1	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	6:00-7:30	12:00-2:00	Jul 8 or Jul 22
Bronze	5:30-7:15	5:30-7:15	5:30-7:15	5:30-7:15	6:00-7:15	12:00-2:00	Jul 8 or Jul 22
Navy	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:15	off	July.8

All practice times include in-water training, as well as either dryland conditioning, mental preparation, and/or team-building activities.