

2023-2024 CFYN TIGERSHARKS PRACTICE SCHEDULE - September Placement Period

(9/11-9/22 2 weeks)

The coaching staff will use these first two weeks to focus heavily on technique and establishing good habits while also determining practice group assignments for all swimmers. This assignments will be posted by Friday 9/22. The official practice schedule that will last the duration of the season will begin Monday, September 25th. Reoccurring monthly payments through the YMCA will begin in October and be drafted monthly on the 15th of each month.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|------------------|
| New Swimmers & Beginners & Developmental | 6:00-7:00 @ UA | 6:00-7:00 @ UA | 6:00-7:00 @ UA | 6:00-7:00 @ UA | 6:00-7:30pm @ UA |
| Junior & Senior | 6:45-8:00pm @ UA First 15 Mins Dryland | 6:45-8:00pm @ UA First 15 Mins Dryland | 6:45-8:00pm @ UA First 15 Mins Dryland | 6:45-8:00pm @ UA First 15 Mins Dryland | |