



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING/SUMMER Practice Times 2018

UCY Hurricanes Competitive Swim Team Groups and Practice Times

<u>Swim Group</u>	<u>Age Group</u>	<u>Practices Offered & Times</u>
Green	8 & Under	M, W, F 6-7pm
Yellow	9-10	M, W, F 6-7:15pm Sat. 9-10:15 am
Blue 1	11-12	M-F 6-7:30pm Sat 9-10:30am
Blue 2	11-12	M, W, F 6-7:30 pm Sat. 9-10:30am
Red 2	13-14	M, W, F 6-7:45pm Sat. 9-10:45am
Red 1	13-14	M, W, F 6-7:45pm Sat. 9-10:45am T, TH 6-7:30pm
High School	15 & Older	M-F 6-8:30pm Sat. 9-11 am (M-F includes dryland training)

UCY Non-Competitive Swim Program Groups and Practice Times

<i>Beginner</i>	<i>9 & Under</i>	<i>T, TH 6-6:45pm</i>
<i>Intermediate</i>	<i>10-14</i>	<i>T, TH 6-7 pm</i>