



Y of Central MD

CATY Barracudas Swim Team

Summer Long Course Schedule

2010

Senior Group-

4/19-6/18: Regular practice schedule(Mon/Wed/Thur 3:15-6pm, Tues/Fri 3:45-6pm) All practices held at the Y.

6/21-7/23: Mon/Wed/Thur 10:15am-12:30pm Long Course at UMBC. Tues/Fri 3:15-6pm at the Y, 3:15-3:55pm Dryland, 4-6pm Swim.

Junior & Senior Prep-

4/19-5/28: Mon/Wed/Fri 8-9pm Swim.

5/31-6/18: Mon/Wed/Fri 5:30-6pm Dryland, 6-7:30pm Swim.

6/21-7/23: Mondays 10:15am-12pm Long Course at UMBC. Wednesdays and Thursdays will alternate, weekly, beginning with Wed. 6/23 from 4-6pm at the Y, Thurs. 6/24 at UMBC from 10:15am-12pm. The next week we will do Wed. 6/30 10:15am-12pm at UMBC , Thurs. 7/8 from 4-6pm at the Y.***Bring Dryland clothes everyday just in case.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 JUNE	21 SR-10:15-12:30pm(UMBC LC pool) JR&SR prep-10:15-12pm (UMBC LC Pool)	22 SR- 3:15-6pm (YMCA) Dryland 3:15-3:55pm Swim 4-6pm	23 SR- 10:15-12:30pm(UMBC) JR&SR Prep- 4-4:30pm Dryland 4:30-6pm Swim (YMCA)	24 SR- 10:15-12:30pm(UMBC) JR & SR Prep- 10:15-12pm (UMBC)	25 SR- 3:15-6pm(YMCA) 3:15-3:55pm Dryland 4-6pm Swim	26
27	28 SR-10:15-12:30pm(UMBC LC pool) JR&SR prep-10:15-12pm (UMBC LC Pool)	29 SR- 3:15-6pm (YMCA) Dryland 3:15-3:55pm Swim 4-6pm	30 SR- 10:15-12:30pm(UMBC) JR & SR Prep- 10:15-12pm (UMBC)	1 JULY SR- 10:15-12:30PM(UMBC) JR&SR Prep- 4-4:30pm Dryland 4:30-6pm Swim (YMCA)	2 SR- 3:15-6pm(YMCA) 3:15-3:55pm Dryland 4-6pm Swim	3
4	5 SR-10:15-12:30pm(UMBC LC pool) JR&SR prep-10:15-12pm (UMBC LC Pool)	6 SR- 3:15-6pm (YMCA) Dryland 3:15-3:55pm Swim 4-6pm	7 SR- 10:15-12:30pm(UMBC) JR&SR Prep- 4-4:30pm Dryland 4:30-6pm Swim (YMCA)	8 SR- 10:15-12:30PM(UMBC) JR & SR Prep- 10:15-12pm (UMBC)	9 SR- 3:15-6pm(YMCA) 3:15-3:55pm Dryland 4-6pm Swim	10
11	12 SR-10:15-12:30pm(UMBC LC pool) JR&SR prep-10:15-12pm (UMBC LC Pool)	13 SR- 3:15-6pm (YMCA) Dryland 3:15-3:55pm Swim 4-6pm	14 SR- 10:15-12:30pm(UMBC) JR & SR Prep- 10:15-12pm (UMBC)	15 SR- 10:15-12:30PM(UMBC) JR&SR Prep- 4-4:30pm Dryland 4:30-6pm Swim (YMCA)	16 SR- 3:15-6pm(YMCA) 3:15-3:55pm Dryland 4-6pm Swim	17



18	19 SR-10:15-12:30pm(UMBC LC pool) JR&SR prep-10:15-12pm (UMBC LC Pool)	20 SR- 3:15-6pm (YMCA) Dryland 3:15-3:55pm Swim 4-6pm	21 SR- 10:15-12:30pm(UMBC) JR&SR Prep- 4-4:30pm Dryland 4:30-6pm Swim (YMCA)	22 SR- 10:15-12:30PM(UMBC) JR & SR Prep-10:15-12pm (UMBC)	23 SR- 3:15-6pm(YMCA) 3:15-3:55pm Dryland 4-6pm Swim	24 **Senior Group ** JR & Senior Prep Group
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