

## TOPS Spring Schedule B-S-G-N groups

Please bear with us the first few weeks of the season as we juggle practice schedules around the high school water polo teams and synchronized swimming club. Please be prepared for dryland workouts with proper shoes. They need to be laced up gym shoes. Please no sandals, boots, dress shoes, or slip-ons.

Below is the schedule for next week for the Bronze-Silver-Gold and National groups. I will have the rest of April set in stone middle of next week.

### April 7-12

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
<i>National</i>	5:30-7 @ YMCA w/ dryland*	6-7am @ OPRF dryland  7-9pm @ EAST	5-6:30 pm @ YMCA – swim only	6-7am @ OPRF dryland  7-9pm @ EAST	3:30-5:30pm @ WEST	9-10:30am @ WEST
<i>Gold</i>	5:30-7 @ YMCA w/ dryland*	7-9pm @ EAST	5-6:30 pm @ YMCA –swim only	7-9pm @ EAST	3:30-5:30pm @ WEST	9-10:30am @ WEST
<i>Silver</i>	5-6:30 @ YMCA w/ dryland*	6-8pm @ EAST	6:45-7:30pm @ YMCA – dryland**	6-8pm @ EAST	5:30-7:30pm @ WEST	9-10:30am @ WEST
<i>Bronze</i>	No practice	6-7:30pm @ EAST	6-6:45pm @ YMCA – dryland**	6-7:30pm @ EAST	5:30-7pm @ WEST	8-9am @ WEST

\*On Monday, Gold/National groups will start with dryland in multi-purpose room on first floor. Silver will finish practice with dryland in multi-purpose room.

\*\*On Wednesday, Bronze and Silver groups will have a **dryland only** workout in the Large Gym upstairs at the YMCA.