

# Heart of Texas Aquatics Team Current Practice Schedule

Group/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group 1</b>	Off	Swim: 6:30-7:15 PM Stretching: 6:10-6:25 PM	Off	Swim: 6:30-7:15 pm Stretching: 6:10-6:25 PM	Swim: 6:15-7 PM	Off
<b>Group 2</b>	Swim: 6:30-7:30 PM	Swim: 6:30-7:30 PM Dryland: 5:55-6:25 PM	Swim: 6:30-7:30 PM	Swim: 6:30-7:30 PM Dryland: 5:55-6:25 PM	Swim: 6:15-7 PM	Off
<b>Group 3</b>	Swim: 5-6 PM	Swim: 5-6:30 PM Dryland: 4:20-4:50 PM	Swim: 5-6 PM	Swim: 5-6:30 PM Dryland: 4:20-4:50 PM	Swim: 5-6:15 PM	Swim: 8-10:15 AM
<b>Senior</b>	Swim: 5-7 PM Cardio: 4:20-4:50 PM	Swim: 5-6:30 PM Dryland: 4:20-4:50 PM	Swim: 5-7 PM Swim: 4:20-4:50 PM	Swim: 5-6:30 PM Swim: 4:20-4:50 PM	Swim: 5-6:15 PM	Swim: 8:15-10:15 AM (Sometimes to 11:15 AM)
<b>Masters (Senior Team)</b>	Swim: 5:30-7 AM	No AM	Swim: 5:30-7 AM	No AM	Swim: 5:30-7 AM	Swim: 8-10:15 AM