



GTS Fall | Winter | Spring Practice Schedule

(SUBJECT TO CHANGE, Check Team Unify and news updates for latest changes.)

Senior Group

| | | |
|--------------|---------------------------|-------------|
| Outdoor Pool | Monday, Wednesday, Friday | 5:30-7:00am |
| Dryland | Tuesday, Thursday | 4:30-5:30pm |
| Outdoor Pool | Tuesday, Thursday | 5:30-7:30pm |
| Outdoor Pool | Saturday | 7:00-9:00am |

Senior Prep Group

| | | |
|--------------|---------------------------|-------------|
| Outdoor Pool | Monday, Wednesday, Friday | 5:00-6:30pm |
| Outdoor Pool | Tuesday, Thursday | 4:30-5:30pm |
| Dryland | Tuesday, Thursday | 5:45-6:30pm |

Sharks Group

| | | |
|-------------|---------------|-------------|
| Indoor Pool | Monday-Friday | 5:00-6:15pm |
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Fish Group

| | | |
|-------------|-----------------|-------------|
| Indoor Pool | Monday-Thursday | 4:15-5:00pm |
|-------------|-----------------|-------------|

Dryland: Please bring a change of clothes and a pair of tennis shoes.



GTS Summer Practice Schedule

(SUBJECT TO CHANGE, Check Team Unify and news updates for latest changes.)

Senior Group

| | | |
|--------------|--|-------------|
| Indoor Pool | Monday, Wednesday, Friday | 5:30-7:00am |
| Outdoor Pool | Monday, Wednesday (Combined with Senior Prep Group) | 5:00-6:30pm |
| Dryland | Tuesday, Thursday | 4:30-5:30pm |
| Outdoor Pool | Tuesday, Thursday | 5:30-7:30pm |
| Outdoor Pool | Saturday | 6:00-8:00am |

Senior Prep Group

| | | |
|--------------|---|-------------|
| Outdoor Pool | Monday, Wednesday (Combined with Senior Group) | 5:00-6:30pm |
| Outdoor Pool | Tuesday, Thursday | 4:30-5:30pm |
| Dryland | Tuesday, Thursday | 5:45-6:30pm |
| Outdoor Pool | Friday | 5:00-6:30pm |
| Outdoor Pool | Saturday | 8:00-9:00am |

Sharks Group

| | | |
|-------------|---------------|-------------|
| Indoor Pool | Monday-Friday | 5:00-6:15pm |
|-------------|---------------|-------------|

Fish Group

| | | |
|-------------|-----------------|-------------|
| Indoor Pool | Monday-Thursday | 4:15-5:00pm |
|-------------|-----------------|-------------|

Dryland: Please bring a change of clothes and a pair of tennis shoes.