



GTS Fall | Winter | Spring 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
Indoor Pool	Monday, Wednesday Only state qualifiers and above	6:30-8:00pm
Dryland	Tuesday, Thursday	4:30-5:30pm
Outdoor Pool	Tuesday, Thursday	5:30-7:30pm
Indoor Pool	Saturday	7:00-9:00am

Senior Prep Group

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

Sharks Group

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

Indoor Pool	Monday-Thursday	4:15-5:00pm
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Dryland: Please bring a change of appropriate gym clothes and 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
Indoor Pool	Saturday	7:00-9:00am

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

Sharks Group

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

Indoor Pool	Monday-Thursday	4:15-5:00pm
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Dryland: Please bring a change of appropriate gym clothes and shoes.