



2024 - 2025 Ocean City Swim Team Winter Practice Schedule as of 11/14/2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yellow	5:00 - 6:00	OFF	5:00 - 6:00	5:00 - 6:00	OFF	3:00-4:00	OFF
Blue	5:00-6:00	OFF	5:00-6:00	5:00 - 6:00	OFF	3:00-4:00	OFF
Bronze	5:00 - 6:30	5:00-6:00 Dryland: 6:15-7:15	5:00 - 6:30	5:00 - 6:30	OFF	3:00-4:30	OFF
Silver	5:00- 7:00	5:00-6:00 Dryland: 6:15-7:15	5:00 - 7:00	5:00- 7:00	OFF	3:00-5:00	OFF
Gold	5:00- 7:00	5:00-6:00 Dryland: 6:15-7:15	5:00 - 7:00	5:00-7:00	OFF	3:00-5:00	OFF

Practice times are subject to change. You will be notified via email while changes happen.