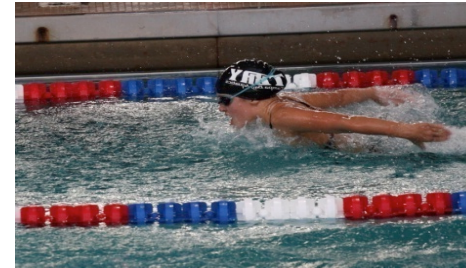


TBAY Central Practice Schedule
May 2011 to June 2011



Mighty Bucs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>WATER</u> 5:00 - 5:45PM YMCA	OFF	<u>WATER</u> 5:00 - 5:45PM YMCA	OFF	<u>WATER</u> 5:00 - 5:45PM YMCA	<u>WATER</u> 11:15-12:00PM YMCA	OFF

***ALL PRACTICES ARE TO BE HELD AT Tampa Metropolitan Area YMCA**

Lil Bucs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>WATER</u> 5:30 - 7:00PM YMCA <i>*5 to 10 min of dryland</i>	OFF	<u>WATER</u> 5:30 - 7:00PM YMCA <i>*5 to 10 min of dryland</i>	OFF	<u>WATER</u> 5:30 - 7:00PM YMCA <i>*5 to 10 min of dryland</i>	<u>WATER</u> 10:30-12:00PM YMCA <i>*includes 15min Dryland</i>	OFF

***ALL PRACTICES ARE TO BE HELD AT Tampa Metropolitan Area YMCA**

Big Bucs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	<u>WATER</u> 5:30 - 7:00PM YMCA <i>*includes 15min Dryland</i>	<u>WATER</u> 5:30 - 7:00PM YMCA <i>*includes 15min Dryland</i>	<u>WATER</u> 6:00-7:30PM YMCA <i>*includes 15min Dryland</i>	<u>WATER</u> 5:30 - 7:00PM YMCA <i>*includes 15min Dryland</i>	<u>WATER</u> 10:30-12:00PM YMCA <i>*includes 15min Dryland</i>	OFF

***ALL PRACTICES ARE TO BE HELD AT Tampa Metropolitan Area YMCA**

CHALLENGE GROUP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>WATER</u> 4:00 - 5:30PM YMCA <i>*includes 15min Dryland</i>	<u>WATER</u> 4:00 - 5:30PM YMCA <i>*includes 15min Dryland</i>	OFF	<u>WATER</u> 6:00-7:30PM YMCA <i>*includes 15min Dryland</i>	<u>WATER</u> 4:00 - 5:30PM YMCA <i>*includes 15min Dryland</i>	<u>WATER</u> 9:00-10:45AM YMCA <i>*includes 15min Dryland</i>	OFF

***ALL PRACTICES ARE TO BE HELD AT Tampa Metropolitan Area YMCA**

HIGH PERFORMANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>WATER</u> 4:00 -6:30PM Cyrus Green <i>*inlcudes 30min Dryland</i>	<u>WATER</u> 4:00 -6:30PM Cyrus Green <i>*inlcudes 30min Dryland</i>	<u>WATER</u> 4:00 -6:30PM Cyrus Green <i>*inlcudes 30min Dryland</i>	<u>WATER</u> 4:00 - 6:30PM YMCA <i>*inlcudes 30min Dryland</i>	<u>WATER</u> 4:00 -6:30PM Cyrus Green <i>*inlcudes 30min Dryland</i>	<u>Water</u> 10:00- 12:00PM Cyrus Green <i>*inlcudes 30min Dryland</i>	OFF

***ALL PRACTICES ARE TO BE HELD AT Tampa Metropolitan Area YMCA & Cyrus Green**