

# TRAINING SCHEDULE 2022

Times are subject to change based on group numbers and schedules.

## JEEP ROGERS YMCA LOCATION

900 Lake Carolina Dr., Columbia, SC 29229

TRAINING GROUP	DAY	TIME
Bronze	Tues/Thurs	4:15-5:15pm
Silver	Tues/Thurs	4:15-5:30pm
Gold 1-2	Mon/Wed/Fri	4:15-5:45pm
Junior 1	Mon-Thurs	5:45-7:30pm
Junior 2	Mon-Fri	5:45-7:30pm
Senior	Mon-Fri	5:45-7:45pm
Dryland	TBD	



## NORTHWEST YMCA LOCATION

1501 Kennerly Rd., Irmo, SC 29063

TRAINING GROUP	DAY	TIME
Bronze	Tues/Thurs	4:30-5:30pm
Silver	Tues/Thurs	4:30-5:45pm
Gold 1-2	Mon/Wed/Fri	4:15-5:45pm
Junior	Mon-Fri	5:45-7:30pm
Senior	Mon/Wed/Fri	5:45-7:45pm
Senior	Tues/Thurs	5:30-7:30pm
Dryland	TBD	



**YMCA OF COLUMBIA**  
[columbiaymca.org/mudcats](http://columbiaymca.org/mudcats)