

TYRA Basic Training Schedule (Tentative)

Date			
Week #1	Day	Location	Time
25-Aug	Mon	Swim Test/Safety Video - YMCA - North Tulsa	4:30pm - 6:00pm
26-Aug	Tues	Rowing Tank at TU	4:30pm to 6:30pm
27-Aug	Wed	Rowing Tank at TU	4:30pm to 6:30pm
28-Aug	Thur	OFF	
29-Aug	Fri	Catoosa	4:30pm to 6:30pm
30-Aug	Sat	Catoosa	10:00am - 12:00pm
Week #2		Location	Time
1-Sep	Mon	Labor Day Off	
2-Sep	Tues	Catoosa	4:30pm to 6:30pm
3-Sep	Wed	Catoosa	4:30pm to 6:30pm
4-Sep	Thur	OFF	
5-Sep	Fri	Catoosa	4:30pm to 6:30pm
6-Sep	Sat	Catoosa	10:00am to 12:00pm