

Age Group Practice Schedule

Age Group:	Monday	Tuesday	Wednesday	Thursday	Friday
8 and under	7:00 - 8:15	Off	5:30 - 6:30	7:00 - 8:15	5:30 - 6:30
9/10	7:00 - 8:15	Off	6:30 - 7:45	7:00 - 8:15	6:30 - 7:45
11/12	7:45 - 9:15	7:00 - 8:30	7:30 - 9:00	Off	7:30 - 9:00
13/14	Off	7:45 - 9:15	7:30 - 9:00	7:45 - 9:15	7:30 - 9:00

Swimmers should arrive 5 minutes prior to the start of their practice time in their suit and ready to swim. Parents should arrive to pick up their swimmer 5 minutes prior to the end of practice.

There are times on the schedule that overlap. These are purposeful times and are set up so that all teams will have specific practice time for turns and starts.

On Tuesdays in which there are home High School Swim Meets, 11/12 and 13/14 swimmers will combine and practice for 1 hour and 30 minutes following the end of the meet. When there is an away high school swim meet, 11/12 and 13/14 teams may practice earlier, depending on coach availability.