

Spring March through May 2022

- **Novice:** Outdoor pool (Lane 1 & 2)
Spring Season ends May 12.
Summer Schedule begins June 6, 2022. Re-enrollment required for resuming practices June 6 (priority enrollment will be sent to current members late April).
 - M/W or T/TH
 - 5-8 years: 3:40-4:20pm or 4:30-5:10pm
 - 8-10 Years: 5:15-5:55pm
 - 10-14 years: 6:00-7:00pm
- **8&Under:** Outdoor pool
School year schedule through May 12. No practices May 13-June 5.
Summer Schedule begins June 6, 2022. Swimmers remain active on roster until withdrawal form is submitted.
 - M/W- or T/TH or Mon-Thurs (*must attend based on enrolled days*)
 - 3:40-4:25pm, 8 & U 1, 2 Lanes 7 & 8
 - 4:30-5:20pm, 8 & U 1-3 8&U 1: Lanes 6,7 & 8
8&U 2: Lane 4 & 5
8&U 3: Lane 3
- **Age Group:** outdoor & indoor pools
School year schedule through May 12. No practices May 13-June 5.
Summer Schedule begins June 6, 2022. Swimmers remain active on roster until withdrawal form is submitted.
 - Age Group: 5:30-6:40pm
 - M/W/F or T/TH/S enrollment (*Must attend based on enrolled days for Mon-Thur practices*)
 - Friday, 4:45-6:00pm (*can change out Fri/Sat as needed*)
 - Saturday, 10:00-11:15am (*can change out Fri/Sat as needed*)
 - [Fri/Sat schedule by the week through May](#)

Monday-Thursday: Outdoor & Indoor Pool assignments-

- AG 1A, Coach Austin: Outdoor Pool lanes 7 & 8
- AG 1B, Coach Thomas: Outdoor Pool lanes 5 & 6
- AG 2A, M/W Coach Cami
T/TH Coach Jack: Outdoor Pool lanes 3 & 4
Outdoor Pool lanes 3 & 4
- AG 2B, Coach Brandon: M/W Indoor Pool Scoreboard End Lanes 7 & 8
T/TH Indoor Pool Scoreboard End Lanes 7 & 8
**T/Th will move to the Record board pool mid-practice but exit the facility through the back hall after practice*
- AG 3 Coach Michael: M/W Indoor Pool Scoreboard End Lanes 5 & 6
T/TH Indoor Pool Scoreboard End Lanes 5 & 6
**T/Th will move to the Record board pool mid-practice but exit the facility through the back hall after practice*

- **MS & HS Training Groups:** Outdoor pool
School year schedule through May 12. No practices May 13-June 5.
Summer Schedule begins June 6, 2022. Re-enrollment required for resuming practices June 6 (priority enrollment will be sent to current members late April).
 - 3:30-4:30pm, Mon-Thurs (MS, 10-14yrs)
 - 6:45-8:00pm, Mon/Tues/Thurs (MS & HS, 10-18yrs)

Junior & Senior groups follow the school year schedule through May 28. Summer Schedule begins May 30 through July 23. No practice July 25-August 8.

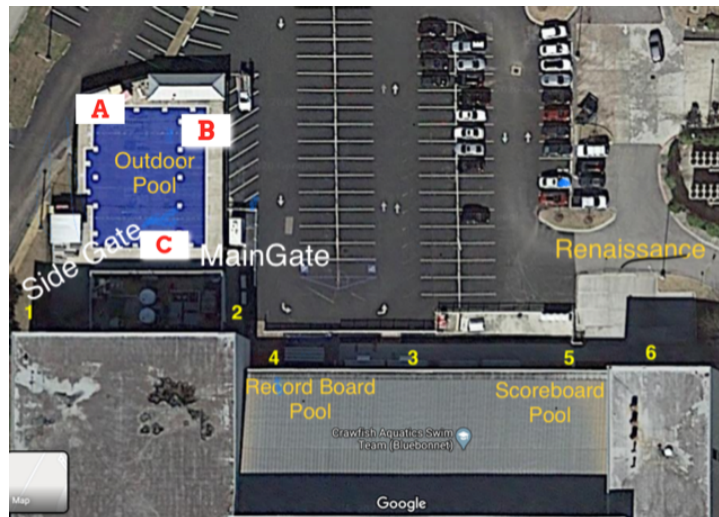
- **Junior White:**
 - Mon-Thurs 6:00-7:15pm
 - Indoor Pool. Scoreboard End M/W. Record Board End T/TH
 - Core: Mon-Thurs 5:40-5:55pm. Yoga room.
 - Friday, 4:30-5:45pm [Only for those swimmers who have conflicts on other days]
 - Saturday, 9:00-10:30am [May be outdoor pool sometimes]
- **Junior Black:**
 - M/W, swim 4:30-6:00pm and Strength 4-4:25pm (Weight Room or outside)
 - T/TH Swim 4:15-6:00pm and Core: 4:00-4:10pm (Yoga room)
 - Indoor Pool. Scoreboard End M/W. Record Board End T/TH
 - Friday, No Practice unless there is a conflict during the week. Practice with JW or SR at Coach Helen's Discretion
 - Saturday, 9:00-11:00am
- **Senior Prep:**
 - Mon-Thurs 6:00-7:15pm
 - Indoor Pool. Record Board End M/W. Scoreboard End T/TH
 - Core: 7:15-7:30pm Yoga room.
 - Friday, 4:00-5:30pm **[with Sr. Red]**
 - Saturday, 10:30-12:00pm **[with Sr. Red]**
- **Senior Red:**
 - Indoor Pool. Record Board End M/W. Scoreboard End T/TH
 - Mon-Thurs, 6:00-7:30pm
 - Dryland/Core: Tue/Thur 7:00-7:30
 - Friday, 4:30-5:45pm
 - Saturday, 10:30-12:00pm
- **Senior White:**
 - Mon-Thurs, 4:00-6:00pm
 - Strength T/TH 3:45 or 5:30 and Core M/W 3:45
 - Indoor Pool. Record Board End M/W. Scoreboard End T/TH
 - Friday, 4:00-5:30pm
 - Saturday, 8:00-10:30am

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
- Mon/Wed, 3:45-5:20pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- Tue/Thur, 3:45-6:00pm Swim Indoor Pool-Record Board End and Core 6:00-6:15pm
- Friday, 3:45-5:15pm Strength
- Saturday, 6:30-8:30am Scoreboard End

Review Facility/Pool Entry, and Pool Exit Points for Practices

Please do not enter the pool deck earlier than 5 minutes before practice start time. Facial coverings are required whenever entering the indoor facility. Swimmers will take them off for practice and put back on following practice throughout the exit process.



Practice Groups in the Outdoor Pool, MONDAY-THURSDAY

-Drop off / Pick up Pick up from Main Gate (Zone 2 on map)

- Swimmers will enter and exit through the main outdoor pool ramp/gate from the main lot.
- Swimmers may begin entering the outdoor pool area starting 5 minutes prior to the practice time. *(Wait for the coaches to indicate it is time to begin entering, once the previous practice group has exited)*
- Following practice, they will be walked back to the ramp area for pick up.

Practice Groups in the Indoor- Scoreboard Pool

-Enter at Zone 5 and exit at Zone 6 (see map)

- The Scoreboard pool is located on the Renaissance Hotel side of the indoor facility.
- Swimmers will enter through the first set of open garage doors at that end of the pool (zone 5) and following practice will exit through the back hallway for pick up.
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.

Practice Groups in the Indoor- Record Board Pool

-Enter at Zone 3 and exit at Zone 4

- The Record Board pool is located on the end of the indoor facility closest to the outdoor pool.
- Swimmers will enter through the garage doors between the 2 pools (zone 3) and following practice will exit through the first set of open garage doors at that end of the pool, by the Info Booth (zone 4).
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.