

March to May 2024

See Facility Map for entry / exit points for practices following the schedule.

Facility & Wellness Guidelines: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

- **Novice:** Outdoor pool Lane 1 & 2
Spring Season ends May Wednesday or Thursday May 7 or 8
Summer schedule June 3-July 25 2024.
 - M/W or T/TH
 - 5-8 years: 3:40-4:20pm or 4:30-5:10pm
 - 9-10 Years: 5:20-6:10pm
 - 10-14 years: 6:10-7:00pm + Sat: 10:00-11:00am

- **8&Under:** Outdoor pool
Spring Season ends May Wednesday or Thursday May 15 or 16
Summer schedule June 3-July 25 2024.
 - M/W- or T/TH or Mon-Thurs (*must attend based on enrolled days*)
 - 3:40-4:25pm, 8 & U 1&2 Lanes 5 - 8
 - 4:30-5:20pm, 8 & U 1-3 Lanes 4 - 8

- **Age Group:** outdoor & indoor pools
Spring Season ends May Wednesday or Thursday May 15 or 16
Summer schedule June 3-July 25 2024.
 - M/W/F or T/TH/S enrollment (*Must attend based on enrolled days for Mon-Thur practices*)
 - Mon through Thurs, 5:30-6:40pm
 - Friday, 4:45-6:00pm, all in Outdoor pool (*can change out Fri/Sat as needed*)
 - Saturday, 10:00-11:15am, all in Outdoor pool (*can change out Fri/Sat as needed*)

Monday-Thursday: Outdoor & Indoor Pool assignments

- AG 1A: Coach Kylee M/W Outdoor Pool lanes 7 & 8
Coach Nil T/TH Outdoor Pool lanes 7 & 8

- AG 1B: Coaches Jordan & Sean Outdoor Pool lanes 5 & 6

- AG 2A: Coach Ryann Outdoor Pool lanes 3 & 4

- AG 2B: Coach Natalie 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*

- AG 3 Coach Andrew M Indoor Pool Scoreboard End Lanes 5 & 6
Coach Jack T/W/TH Indoor Pool Scoreboard End Lanes 5 & 6
**T/Th will move to the Record board pool mid-practice*

- **High School and Middle School / Age Group:** Outdoor Pool

Spring Season ends Thursday May 16

Summer schedule June 3-July 25 2024.

M/T/TH 6:45-8:00 pm Outdoor Pool Lanes 3-8. [All lanes at 7pm]

- **Junior Red:**

Mon-Thurs 4:30-5:30pm Outdoor Pool Lane 3

- **Junior White:**

- Mon-Thurs 6:00-7:15pm
- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Core/Strength: Mon/Wed 5:30-5:50pm. Yoga room.
- Friday, 4:45-6:00pm
[Only for those swimmers who have conflicts on other days]
- Saturday, 9:00-10:30am Record Board End
- Saturday: Core/Strength 10:40-11:00am

- **Junior Black:**

- M/W, swim 4:30-6:00pm and Strength 4-4:25pm (Weight Room)
- 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. [Makeup practice through Coach Helen. Need to email.]
- Saturday, 9:00-11:00 am Record Board End
- *Saturday* Strength 11:05-11:30am (Weight Room)

- **Senior Red 1 :**

- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Mon-Thurs, 6:00-7:45pm
- Core: Mon/Wed 7:25-7:45pm
- Strength: Tue/Thur 7:15-7:45pm
- Friday, no practice
- Saturday, 10:30am-12:00pm

- **Senior Red 2:**

- Mon-Thurs 6:00-7:30 pm
- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Core: M/W: 7:10-7:30 pm Yoga room.
- Friday, no practice
- Saturday, 10:30am-12:00pm

- **Senior White 1:**

- Mon/Wed, 3:40-3:55pm Core; 4:00-6:00pm Swim Indoor Record Board End
- Tue/Thur, 3:45-4:25pm Strength and 4:30-6:00pm Indoor Pool- Scoreboard End
- Friday, 4:00-5:30pm
- Saturday 8:00-10:00am Scoreboard End, then record board end at 9am

- **Senior White 2:**

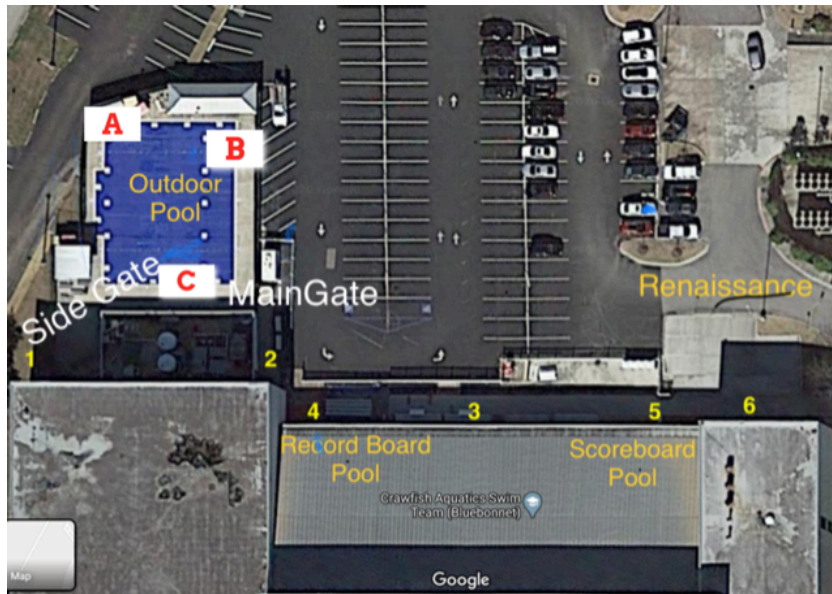
- Mon/Wed, 3:45-6:00pm
- Tue/Thur, 3:45-5:55pm
- Strength M/W 5:20-6:00pm Core T/Th 3:45-4:00pm
- Indoor Pool. M/W Scoreboard End T/Th Record Board End.
- Friday, 4:00-5:30pm
- Saturday 8:00-10:00am Scoreboard End, then record board end at 9am

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
- Mon/Wed, 3:40-3:55pm Core; 4:00-6:00pm Swim Indoor Record Board End
- Tue/Thur, 3:45-5:20pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- Friday, 3:45-5:15pm Strength
- Saturday 6:30-9:00am 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

**Note, all Age Group groups will begin practice in the scoreboard pool, but some groups will move to the Record Board pool halfway through practice. See pool assignments by group/coach.*

-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.