

## Summer 2021 Practice Schedule (June & July practices)

**See Pool map and entry/exit flow on page 2**

- **Novice** (outdoor pool, June 7-July 29)
  - Mon/Wed or Tues/Thurs
  - Ages 4-8 Years: 8:30-9:10am, 9:20-10:00am; 3:40-4:20pm, 4:30-5:10pm
  - Ages 8-9 Years: 5:15-5:55pm
  - Ages 10-14 years: 6:00-7:00pm
- **8 & Under** (Summer practices run June 7-July 29)
  - M/W, T/Th, Mon-Thurs
  - 8:30 - 9:20am (outdoor pool)
  - 4:00 - 4:50pm (Record Board End indoor pool)
- **Age Group/ HS Prep Group** (Summer practices run June 7-July 29)
  - Enrollment is: M/W/F or T/Th/S. AM or PM enrollment for M/W or T/Th.
  - The Fri/Sat practices can be changed out as needed!*
  - Mon-Thurs, 9:20-10:30am (Scoreboard End Indoor Pool)
  - Mon-Thurs, 5:00-6:10pm (Record Board End Indoor Pool) *\*AG 1 & 2 only at 5:00pm*
  - Mon-Thurs, 6:20-7:30pm (Record Board End Indoor Pool) *\*AG 3/HS Prep only at 6:20pm*
  - Fri, 4:45-6:00pm (outdoor pool)
  - Sat, 9:15-10:30am (outdoor pool)
- **Junior Red**
  - Mon-Thurs, 4:00-5:00pm (scoreboard pool)
- **Junior White**
  - Mon-Thurs, 5:00-6:50pm Scoreboard End (Core/Strength, 5:00-5:15pm & Swim, 5:20-6:50pm).
  - Fri, 9:15-10:45am
  - Sat, 8:45-10:15am (Fri/Sat are long course -meet at Recordboard end of pool,)
- **Junior Black**
  - Mon-Fri, 9:00-10:45am. Record Board end (Core/Strength 10:45-11)
  - Sat, 9:00-11:00am (Fri/Sat are long course - meet at Recordboard end of pool)
- **Senior Prep**
  - Mon-Thurs, 6:20-7:30pm Record Board end
  - Fri: 4:00-5:30pm
  - Sat: 10:15-11:45am (Fri/Sat are long course meet at scoreboard end of pool)
- **Senior Red**
  - Mon & Wed, 3:45-5:15pm (all swim) Scoreboard End
  - Tues & Thurs, 9:15-10:45am (strength + swim) Record Board End
  - Fri: 4:00-5:30pm
  - Sat: 10:15-11:45am (Fri/Sat are long course meet at scoreboard end of pool)
- **Senior White**
  - Mon-Thurs- 7:00-9:00am Swim and
  - Mon/Wed- 1:45-3:45pm Swim and Strength
  - Fri, 2:00-4:00pm
  - Sat, 7:00-9:15am (Fri/Sat are long course)

- **Senior Black**

- Mon/Wed, 6:45-9:00am / 1:30-3:30pm Swim and Core
- Tue/Thur 6:00-9:00am Swim and Strength
- Fri 6:45-9:00am / 1:30-3:30pm Strength
- Saturday, 6:30-8:45am

## **Pool Assignments, Facility/Pool Entry, and Pool Exit for Practices**

### **Practice Groups in the Outdoor Pool- Novice and Morning 8 & U**

-Drop off / Pick up at Zone 2

-Swimmers will enter the main gate/ramp from the main parking lot.

-8:30am practices (8 & U / Novice): Swimmers can begin entering the outdoor pool deck at 8:25am.

-9:20am & Afternoon Novice: Coaches will meet swimmers at the pool ramp starting 5 minutes prior to the practice time, outside the gate.

-Following all practices, swimmers will be walked to the pool ramp area for pick up.

### **Practice Groups in the Indoor- Record Board Pool**

*This is the end of the indoor facility closest to the outdoor pool*

-Enter at Zone 4 (near the Info Booth/ diving block end).

-Swimmers may enter beginning 5 minutes prior to the start of practice.

-Swimmers exit through Zone 4 following practice and can be picked up from that end or walk inside the white fence area for pick up at the Renaissance end of the facility.

### **Practice Groups in the Indoor- Scoreboard Pool**

*This is the Renaissance side of the indoor facility*

-Enter at Zone 6/back hallway (preferred entry point) and exit at Zone 6

-Swimmers will exit through the first set of open garage doors at that end of the pool (zone 5) or from the back hallway (zone 6) following practice for pick up.

