

## Summer 2022 Practice Schedule (June & July practices)

**School year schedule finishes May 12 for Novice, 8 & U, Age Group, MS/HS Group.**  
No practices May 13-June 5. Summer season practices begin June 6 for these groups  
(re-enrollment required for Novice group & MS/HS Group but 8 & U, Age Group remain active on the roster until dropped).

- **Novice** (Summer Season is June 6-July 28; enrollment opens late April).
  - Mon/Wed or Tues/Thurs (outdoor pool)
  - Ages 5-8 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 schedule runs June 6-July 28).
  - M/W, T/Th, Mon-Thurs
  - 8:30 - 9:20am (outdoor pool)
  - 4:00 - 4:50pm (Record Board End, indoor pool)
- **Age Group/ HS Group** (Summer schedule runs June 6-July 28).
  - Schedule is Monday-Thursday for the Summer practices (4 day option; no Fri/Sat in Summer).  
*Swimmers will automatically be on the afternoon practice group roster but can change to the AM group by completing the form that will be sent out in April.*
  - Mon-Thurs, 9:20-10:30am (Scoreboard End Indoor Pool)
  - Mon-Thurs, 5:00-6:10pm (Record Board End Indoor Pool) *AG 1 & \*2A only at 5:00pm*
  - Mon-Thurs, 6:20-7:30pm (Record Board End Indoor Pool) *\*AG2B, HS Group only at 6:20pm.*
  - *AG 3 will be at the scoreboard end of the pool*
  - AG 2A are swimmers currently in Coach Cami/Coach Jack's 5:30pm group.*
  - AG 2B are those swimmers currently in Coach Brandon's 5:30pm group.*

**The School Year Schedule runs until May 28 for Junior & Senior groups.**  
**Summer Schedule begins May 30.**

- **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 (Strength M/W 10:45-11:15 / Core T/TH 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 the scoreboard at the end of the 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 the scoreboard at the end of the 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.

