

Summer 2023 Practice Schedule (June & July practices)

School year schedule finishes May 11 for Novice, 8 & U, Age Group, MS/HS Group.

No practices May 12-June 4. Summer season practices begin June 5 for these groups
(re-enrollment required for Novice group but 8 & U, Age Group and MS/HS Group remain active on the roster until dropped).

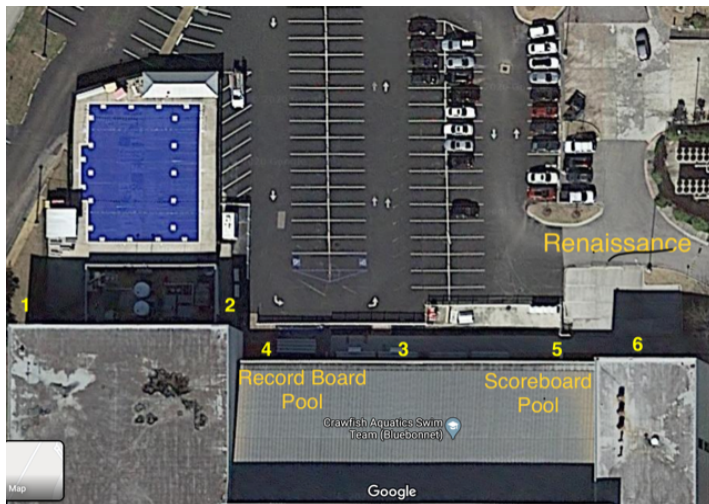
- **Novice** (Summer Season is June 5-July 27; enrollment opens late April).
 - Mon/Wed or Tues/Thurs (outdoor pool)
 - Ages 5-8 Years: 8:30-9:10am, 9:20-10:00am; 3:40-4:20pm, 4:30-5:10pm
 - Ages 9-10 Years: 5:20-6:10pm
 - Ages 10-14 years: 6:15-7:15pm
- **8 & Under** (Summer schedule runs June 6-July 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 5-July 27).
 - 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 Sean/Coach Jack's 5:30pm group.*
 - AG 2B are those swimmers currently in Coach Austin's 5:30pm group.*

The School Year Schedule runs until Friday, May 26 for Junior & Senior groups. Summer Schedule begins Saturday, May 27.

- **Junior White**
 - Mon-Thurs, 5:20-6:50pm Scoreboard End
 - Core/Strength Tu/Th, 5:00-5:15pm
 - Fri, 9:15-10:45am
 - Sat, 10:45-12:15pm (Fri/Sat are long course -meet at Recordboard end of pool,)
 - Core/Strength Sat 10:20-10:40
- **Junior Black**
 - Mon-Fri, 9:00-10:45am Swim Record Board end
 - Strength M/W 10:55-11:30 Core T/TH 10:45-11
 - Sat, 8:45-10:45am (Fri/Sat are long course - meet at Recordboard end of pool)
 - Sat Strength 10:55-11:30pm)
- **Senior Red 1**
 - Mon-Thurs, 3:45-5:00pm swim Scoreboard End
 - M/W Core 5-5:15pm, T/Th strength 5-5:30pm
 - Fri: 4:00-5:30pm Swim
 - Sat: 10:45am-12:15pm (Fri/Sat are LCM. Meet at the scoreboard at the end of the pool)

- **Senior Red 2**
 - Mon-Thurs, 3:45-5:00pm swim Scoreboard End
 - M/W Core 5- 5:15pm
 - Fri: off
 - Sat: Sat: 10:45am-12:15pm (Fri/Sat are LCM. Meet at the scoreboard at the end of the pool)
- **Senior White 1**
 - Mon/Wed- 6:45-9:00am Swim (w/Sr. Black)
 - Mon/Wed- 1:30-3:30pm Swim and Strength
 - Tues/Thurs, 6:45-9:00am Swim and Core
 - Fri, 1:30-3:30pm Swim
 - Sat, 6:45-8:45am Swim (Fri/Sat are LCM)
- **Senior White 2**
 - Mon/Wed- 6:45-9:00am Swim
 - Mon/Wed- 1:30-3:30pm Swim and Strength
 - Tues/Thurs, 6:45-9:00am Swim and Core
 - Fri, 1:30-3:30pm Swim
 - Sat, 6:45-8:45am Swim (Fri/Sat are LCM)
- **Senior Black**
 - Mon/Wed, 6:45-9:00am Swim /1:15-3:30pm Swim and Core
 - Tue/Thur 6:00-9:00am Swim and Strength
 - Fri 6:45-9:15am / 1:30-2:30pm Strength
 - Saturday, 8:45-10:45am

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.