

Winter 2021/Spring 2022

Practice Schedule: November 29, 2021- to March 7, 2022

Adjusted Holiday Practice Schedule, Dec 17-Jan 3:

http://www.crawfishaquatics.com/docs/CA_Christmas_Training_Schedule_2021-2022_1.pdf

Week of February 28-March 6: No practice for all groups.

March 7: Senior White/Red move back to the indoor pool and Novice, 8 & U and some Age Group move to the outdoor pool starting March 7. *Practice times will remain the same through the end of the school year.*

- **Novice:** Indoor pool until March (Spring Season: Jan 31-May 12 or March 7-May 12)
 - M/W 4-8 years: 3:40-4:20pm or 4:30-5:10pm, Record Board End Lane 1
 - T/TH 4-8 years: 3:40-4:20pm or 4:30-5:10pm, Scoreboard End Lane 1
 - M/W 8-9 Years: 5:20-6:00pm, Scoreboard End Lanes 7 & 8 (*T/Th starts March 8*)
 - M/W & T/TH 6:00-7:00pm, Scoreboard End Lanes 7 & 8

- **8&U:** Indoor pool until March 8
 - M/W- or T/TH or Mon-Thurs (*must attend based on enrolled days*)
 - M/W 3:40-4:25pm Record Board End Lanes 2 & 3
 - M/W 4:30-5:20pm Record Board End Lanes 2-8
 - T/Th 3:40-4:25pm Scoreboard Board End Lanes 2 & 3
 - T/Th 4:30-5:20pm Scoreboard Board End Lanes 2-8

- **Middle School/High School:** Indoor pool
 - 3:30-4:25pm group: Mon-Thurs M/W, Record Board End Lanes 5-8
T/TH, Scoreboard End Lanes 5-8
 - 6:45-8:00pm group: M/T/Th: M, Record Board End Lanes 1-8
T/Th- Scoreboard End Lanes 1-8

- **Age Group 1A,1B & 2A & 2B:** Indoor pool
 - M/W/F or T/TH/S enrollment (*Must attend based on enrolled days for Mon-Thur practices*)
 - M/W, 5:30-6:40pm Indoor Pool, Record Board End Lanes 1-8
 - T/Th, 5:30-6:40pm Indoor Pool, Scoreboard End Lanes 1-8, then 1-6 at 6pm
 - T/Th, **Coach Brandon's 2B Record Board End Lane 8 at 6pm**
 - Friday, 4:45-6:00pm. **All Groups.** Indoor Pool, Record Board End Lanes 3-8
 - Saturday, 10:00-11:15am. **All Groups.** Indoor Pool Scoreboard End Lane 1-8

- **Age Group 3: [Coach Michael]**
 - M/W, 5:30-6:40pm Indoor Pool, Scoreboard board End Lanes 5 & 6
 - T/Th, 5:30-6:40pm. **Outdoor Pool Lanes 7 & 8**
 - Friday, 4:45-6:00pm. **All Groups.** Indoor Pool, Record Board End Lanes 3-8
 - Saturday, 10:00-11:15am. **All Groups.** Indoor Pool Scoreboard End Lane 1-8

- **Junior White:** Indoor Pool
 - Mon-Thurs, 6:00-7:15pm M/W Scoreboard End, T/TH Record Board End. Lanes 1-4
 - Core: 5:40-5:55pm. Yoga room. on your select Days M/W or T/TH
 - Friday, 4:30-5:45pm Record Board End Lanes 1-2
 - Saturday, 9:00-10:30am Record Board End Lanes 5-8

- **Junior Black:** Indoor Pool
 - M/W, swim 4:30-6:00pm Record Board End Lanes 1-4 and Strength 4-4:25pm (Weight Room)
 - T/Th, swim 4:15-6:00pm scoreboard End Lanes 1-4 and Core: 4:00-4:10pm (Yoga room)
 - Friday, No Practice.
 - Saturday, 9:00-11:00am Record Board End Lanes 1-4

- **Senior Prep:**
 - M/W 6:00-7:15pm Outdoor Pool Lanes 6-8
 - T/Th 6:00-7:15pm Indoor Pool. Record Board End Lanes 5-7
 - Core: 7:20-7:30pm Yoga room.
 - Friday, 4:00-5:30pm **[with Sr. Red]** *will rotate Indoor Scoreboard Pool/Outdoor Pool with Senior White*
 - Saturday, 10:30-12:00pm **[with Sr. Red]** (Indoor, Record Board Pool)

- **Senior Red:**
 - Mon-Thurs, 6:00-7:30pm Outdoor Pool
 - Strength/Core: Tue/Thur
 - Friday, 4:00-5:30pm *will rotate Indoor Scoreboard Pool / Outdoor Pool with Senior White*
 - Saturday, 10:30-12:00pm (Indoor, Record Board Pool)

- **Senior White:**
 - Mon-Thurs, 4:00-5:45pm Outdoor Pool
 - Strength T/TH 3:45 or 5:30 and Core M/W 3:45
 - Friday, 4:00-5:30pm *will rotate Indoor Scoreboard Pool / Outdoor Pool with Senior Red*
 - Saturday, 8:00-9:50am Record Board End until 8:45, then Scoreboard end.

- **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, 3:45-5:50pm Swim Indoor Pool-Record Board End and Core 6:00-6:15pm
 - Friday, 3:45-5:15pm Strength
 - Saturday, 6:30-8:30pm Scoreboard End