

Winter 2022/Spring 2023

Practice Schedule: November 28, 2022- to March 5, 2023

Adjusted Holiday Practice Schedule, Dec 19-Jan 2:

[See Schedule for these dates posted on the Team News page](#)

March 6: Senior groups & Junior Black move back to the indoor pool and Novice, 8 & U and some Age Group move to the outdoor pool starting March 6. *Practice times will remain the same through the end of the school year.*

- **Novice:** Indoor pool until March (Spring Season: Jan 30-May 11 or March 6-May 11)
 - M/W & T/TH 5-8 years: 3:40-4:20pm or 4:30-5:10pm, scoreboard End Lane 1
 - M/W & T/TH 5-8 years: 3:40-4:20pm or 4:30-5:10pm, Scoreboard End Lane 1
 - M/W & T/TH 9-10 Years: 5:20-6:10pm, Record Board End Lanes 7 & 8
 - M/W/S & T/TH/S 10-14 years: 6:10-7:00pm, Record Board End Lanes 7 & 8
Saturday 10:00-11:00am Scoreboard End.

- **8&U:** Indoor pool until March 6
 - M/W- or T/TH or Mon-Thurs *(must attend based on enrolled days)*
 - M/W & T/TH 3:40-4:25pm Record Board End Lanes 2 & 3
 - M/W & T/TH 4:30-5:20pm Record Board End Lanes 2-8

- **Middle School/High School:** Indoor pool
 - 3:30-4:25pm group: Mon-Thurs Scoreboard Board End Lanes 5-8

 - 6:45-8:00pm group: M/T/Th: Scoreboard Board End Lanes 5-8

- **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)*
Scoreboard End Lanes 1-8
 - 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

- **Age Group 3:** Indoor pool
 - M/W/F or T/TH/S enrollment *(Must attend based on enrolled days for Mon-Thur practices)*
Record Board End Lanes 5-6
 - 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 Record Board End. Lanes 1-4
 - Core M/W: 5:30-5:55pm. Yoga room.
 - Friday, 4:45-6:00pm Record Board End Lanes 1-2
 - Saturday, 9:00-10:30am Record Board End Lanes 5-8
Core 10:35-11:00am

- **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 Outdoor Pool and Core: 4:00-4:10pm (Yoga room)
 - Friday, No Practice.
 - Saturday, 9:00-11:00am Record Board End Lanes 1-4
Strength 11:05-11:30

- **Senior Red 1:**
 - Mon-Thur, 6-7:45pm Outdoor Pool
 - Core M/W @ 7:25
 - Strength T/Th: 7:15-7:45pm
 - Friday, No Practice
 - Saturday, 10:30am-12:00pm (Indoor, Record Board Pool)

- **Senior Red 2:**
 - Mon-Thurs, 6:00-7:30pm Outdoor Pool
 - Core: M/W at 7:10pm in Yoga Room
 - Friday, No Practice
 - Saturday, 10:30am-12:00pm (Indoor, Record Board Pool)

- **Senior White 1:**
 - M/W, 3:45-6:00pm Swim Outdoor Pool
 - Core M/W 6:15
 - Strength T/TH 3:45
 - T/TH, 4:30-6:00pm Swim Record Board Pool 1-4
 - Friday, 4:00-5:30pm *will rotate Indoor Scoreboard Pool / Outdoor Pool with Senior Red*
 - Saturday, 8:00-10:00am Record Board End until 8:55, then Scoreboard end.

- **Senior White 2:**
 - M/W, 3:45-5:20pm Swim Record Board Pool 5-8
 - Strength M/W 5:30
 - T/TH, 3:45-6:00pm Swim Record outdoor Pool 5-8
 - Core M/W either before or after practice.
 - Friday, 4:00-5:30pm *will rotate Indoor Scoreboard Pool / Outdoor Pool with Senior Red*
 - Saturday, 8:00-10:00am Record Board End until 8:55, then Scoreboard end.

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
- Mon/Wed, 3:45-6:00pm Outdoor Pool and Core 6:00-6:15pm
- Tue/Thur, 3:45-5:25pm Swim Indoor Pool-Record Board End 5-8 and Strength 5:30-6:15pm
- Friday, 3:45-5:15pm Strength
- Saturday, 6:30-9:00am Scoreboard End