



Swim Team
Practice

Week 1 (May 30th - June 2nd): warm-up week

	New Swimmer Assessments	Ages 8 & Under	Ages 9 - 10	Ages 11 - 18
Tuesday thru Friday	5:15pm - 5:45pm	5:45pm - 6:30pm	6:30pm - 7:15pm	7:15pm - 8:00pm

Weeks 2, 3, and 4 (June 5th - June 23rd): school schedule

	Ages 11 - 18 *	Rookies	Ages 8 & Under	Ages 9 - 10	Ages 11 - 18 *
Monday thru Friday	4:30pm - 5:15pm	5:15pm - 5:45pm	5:45pm - 6:30pm	6:30pm - 7:15pm	7:15pm - 8:00pm

* Ages 11-18 please choose a practice time that works best on a consistent basis.

Weeks 5 thru 9 (June 27th - July 26th): summer schedule

	Ages 13 - 18 & 11-12 Girls	Ages 9 - 10 & 11-12 Boys	Ages 8 & Under	Rookies
Monday thru Friday (mornings)	7:30am - 8:45am	8:45am - 9:30am	9:30am - 10:00am	10:00am - 10:30am
Tu, Wed, Thu (evenings) *	6:30pm-7:15pm		5:45pm - 6:30pm	5:15pm-5:45pm

* Evening practices currently scheduled for 6/27, 6/29, 7/5, 7/6, 7/11, 7/13, 7/18-7/20, 7/25, 7/26

Notes

- * All swimmers are encouraged to practice EVERY day so please bring your children to as many practices as their schedule allows.
- * Your start time is when you will get in the water. Please arrive at least 10 minutes prior so you are ready.
- * Evening practices during weeks 5-9 are intended only for children in day camps or daycare.
- * The last practice for all swimmers is Wednesday, July 26th. Only swimmers entered in Divisionals will practice July 27th & 28th.

