

Fall 2024

School Year Swim Team Practice Schedule

- **Novice:** Outdoor pool Lane 1 & 2 [3:40 lane 1 only]
Fall Season runs August 26-November 14 (or Dec 12 for 6pm group)
 - M/W or T/TH
 - 5-8 years: 3:40-4:20pm or 4:30-5:10pm
 - 9-10 Years: 5:15-6:05pm
 - 10-14 years: 6:10-7:00pm + Sat: 10:30-11:30am
- **9&Under:** Outdoor pool
Fall Schedule begins August 19/20 through December 12. Practice break Dec 16 - Jan 5, 2024. Resume school year schedule Jan 6-May 15, 2025. Summer Schedule begins June 2, 2025.
 - M/W- or T/TH or Mon-Thurs *(must attend based on enrolled days)*
 - 3:40-4:25pm, 9 & U Lanes 7 & 8
 - 4:30-5:20pm, 9 & U Lanes 5-8
- **Age Group:** outdoor & indoor pools
Fall Schedule begins August 19/20 through December 12. Practice break Dec 16 - Jan 5, 2024. Resume school year schedule Jan 6-May 15, 2025. Summer Schedule begins June 2, 2025.
 - M/W/F or T/TH/S enrollment *(Must attend based on enrolled days for Mon-Thur practices)*
 - Mon through Thurs, 5:30-6:40pm
 - Friday, 4:45-6:00pm *(can change out Fri/Sat as needed)*
 - Saturday, 9:15-10:30am *(can change out Fri/Sat as needed)*
- **Junior Red:**
 - Mon-Thurs 4:30-5:30pm Outdoor Pool Lane 3
- **Junior White:**
 - Mon-Thurs 6:00-7:15pm
 - Indoor Pool. Scoreboard End M/W. Record Board End T/TH
 - Core/Strength: Mon/Wed 5:30-5:50pm. Yoga room.
 - Friday, 4:45-6:00pm
[Only for those swimmers who have conflicts on other days]
 - Saturday, 9:15-10:45am
 - Saturday: Core/Strength 10:50-11:10am
- **Junior Black:**
 - M/W, swim 4:30-6:00pm and Strength 4-4:25pm (Weight Room)
 - T/TH Swim 4:15-6:00pm and Core: 4:00-4:10pm (Yoga room)
 - Indoor Pool. Scoreboard End M/W. Record Board End T/TH
 - Friday, No Practice. [Make up with SR or JW if needed through Coach Helen]
 - Saturday, 9:00-10:50am
 - Saturday Strength 11:00-11:30 am (Weight Room)

Senior Red 1 :

- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Mon-Thurs, 6:00-7:45pm
- Core: Mon/Wed 7:25-7:45pm
- Strength: Tue/Thur 7:15-7:45pm
- Friday, 4:30-6:00pm [with Sr. Red 2] Indoor Recordboard Pool
 - 4:00-5:30pm After Thanksgiving and High School Season
- Saturday- no practices during HS Season (Aug-Oct/Nov)
 - Saturday 10:30-12:00pm After Thanksgiving/ High school season

● Senior Red 2:

- Mon-Thurs 6:00-7:30pm
- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Core: M/W: 7:10-7:30pm Yoga room.
- Friday, 4:30-6:00pm [with Sr. Red 1] (Indoor Recordboard Pool) during HS Season only
 - No Friday Practice after the HS season / after Thanksgiving.
- Saturday. 10:30-12:00pm After Thanksgiving/ High school season

● Senior White 1:

- Mon/Wed, 3:40-3:55 Core and 4:00-6:00pm Swim Indoor Record Board End
- Tue/Thur, 3:45-4:25pm Strength and 4:30-6:00pm Indoor Pool- Scoreboard End
- Friday- no practices during HS Season (Sept-Oct/Nov) EXCEPT FOR:
 - Friday- 3:45-5:15pm
 - August 9, 16, and 23 at Crawfish
 - August 30 4:00-5:30pm at Highland Rd Community Park
- Friday [with Sr. White 2] will begin After Thanksgiving and High School Season
- Saturday, 7:00-9:00am Outdoor Pool During HS season (Aug-Oct/Nov). Begins August 10
 - August 10, 17, and 31 7:00-9:00am. NO PRACTICE August 24.
 - Saturday 8:00-10:30am Scoreboard End After Thanksgiving/ HS Season

● Senior White 2:

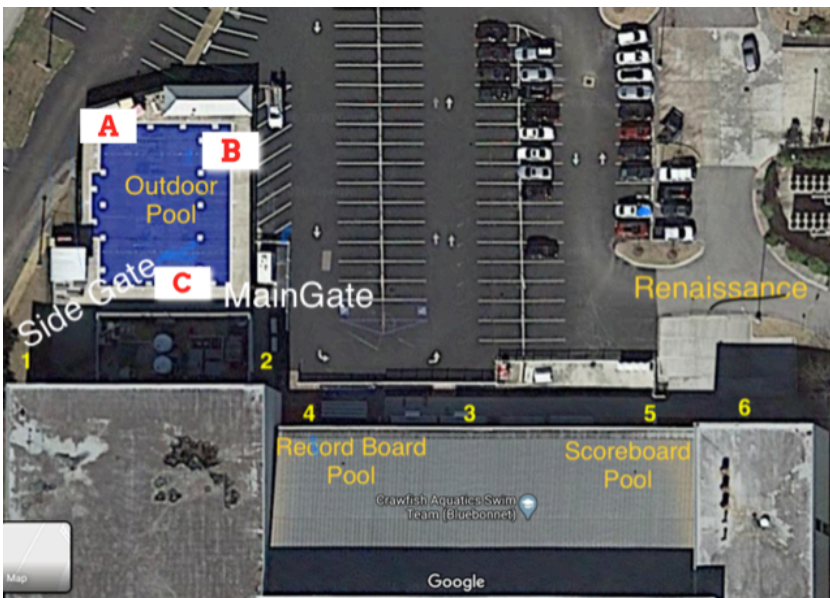
- Mon/Wed, 3:45-6:00pm
- Tue/Thur, 4:05-5:55pm
- Strength M/W 5:15-6:00pm Core T/Th 3:45-4:00pm
- Indoor Pool. M/W Scoreboard End T/Th Record Board End.
- Friday- no practices during HS Season (Sept-Oct/Nov) EXCEPT FOR:
 - Friday- 3:45-5:15pm
 - August 9, 16, and 23 at Crawfish
 - August 30 4:00-5:30pm at Highland Rd Community Park
 - Friday [with Sr. White 1] will begin After Thanksgiving and High School Season
- Saturday- 7:00-9:00am during HS Season (Aug-Oct/Nov) Begins August 10
 - August 10, 17, and 31 7:00-9:00am. NO PRACTICE August 24.
 - Saturday 8:00-10:30am After Thanksgiving/ HS Season

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End) Starts 8/19/24
- Mon/Wed, 3:40-3:55pm Core and 4:00-6:00pm Swim Indoor Record Board End
- Tue/Thur, 3:45-5:25pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- Friday, 3:45-5:15pm Strength. Starts August 16, 2024
 - August 30 4:00-5:30pm at Highland Rd Community Park
- Saturday, 7:00-9:00am Outdoor Pool HS Season (Aug-Oct/Nov) Begins August 10
 - No Practice Saturday, August 24.
 - Saturday 6:30-9:00am Scoreboard End After Thanksgiving/ HS Season

Review Facility/Pool Entry, and Pool Exit Points for Practices

Please do not enter the pool deck earlier than 5 minutes before practice start time.



Practice Groups in the Outdoor Pool, MONDAY-THURSDAY

-Drop off / Pick up Pick up from Main Gate (Zone 2 on map)

- Swimmers will enter and exit through the main outdoor pool ramp/gate from the main lot.
- Swimmers may begin entering the outdoor pool area starting 5 minutes prior to the practice time.
(Wait for the coaches to indicate it is time to begin entering, once the previous practice group has exited)
- Following practice, they will be walked back to the ramp area for pick up.
- Parents will need to park and walk up for pick up- swimmers will NOT be released to locate cars in the parking lot and we cannot be responsible for loading a car that pulls up in the drive.

Practice Groups in the Indoor Pool

**Note, all Age Group groups will begin practice in the scoreboard pool, but some groups will move to the Record Board pool halfway through practice. See pool assignments by group/coach.*

- The Scoreboard pool is located on the Renaissance Hotel side of the indoor facility.
- The Record Board pool is located on the end of the indoor facility closest to the outdoor pool.
- Parents will need to park and walk up for pick up- swimmers will NOT be released to locate cars in the parking lot.