

# SWIM ACADEMY - TRAINING DAYS & TIMES\*

\*No practices: Thanksgiving Weekend Saturday - Monday  
(October 7th-9th), October 15th, October 31st, and November 11th.

	AGES	PRACTICES PER WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>YEAR ROUND SWIM TEAM FRESHMAN</b>	8 & UNDER	3 SWIM + 2 SPORT	4:15PM - 5:30PM (SWIM)			3:45PM-4:20PM (SWIM) 4:20PM-5:00PM (WATER POLO)			10:15AM - 11:00AM (SWIM) 11:00AM - 11:30AM (LIFESAVING SPORT)
<b>YEAR ROUND SWIM TEAM SOPHOMORE</b>	10 & UNDER	4 SWIM + 2 SPORT	5:15PM - 6:15PM (SWIM) 6:15PM-7:00PM (LIFESAVING SPORT)	4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)			5:30PM - 7:00PM (SWIM)	7:45AM - 9:00AM (SWIM)	
<b>YEAR ROUND SWIM TEAM JUNIOR</b>	10 & UP	5 SWIM + 2 SPORT	5:15PM - 6:15PM (SWIM) 6:15PM-7:00PM (LIFESAVING SPORT)	4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)	5:30PM - 7:00PM (SWIM)		5:30PM - 7:00PM (SWIM)	7:45AM - 9:00AM (SWIM)	
<b>SUMMER SWIM TEAM BRONZE</b>	10 & UNDER	3 SWIM + 2 SPORT	4:15PM - 5:30PM (SWIM)			3:45PM-4:20PM (SWIM) 4:20PM-5:00PM (WATER POLO)			10:15AM - 11:00AM (SWIM) 11:00AM - 11:30AM (LIFESAVING SPORT)
<b>SUMMER SWIM TEAM SILVER</b>	AGES 11 -12	3 SWIM + 2 SPORT				4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)	4:15PM - 5:15PM (SWIM) 5:15PM-5:45PM (LIFESAVING SPORT)		9:15AM - 10:30AM (SWIM)
<b>SUMMER SWIM TEAM GOLD</b>	AGES 13 & UP	4 SWIM + 2 SPORT		6:45AM - 8:00AM (SWIM)		4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)	4:15PM - 5:15PM (SWIM) 5:15PM-5:45PM (LIFESAVING SPORT)		8:15AM - 9:30AM (SWIM)
<b>LIFESAVING SPORT TEAM B</b>	AGES 8 -12	3 SPORT + 2 SWIM			5:30PM - 6:45PM (LIFESAVING SPORT)	4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)			11:30AM - 12:30PM (SWIM) 12:30PM-1:00PM (LIFESAVING SPORT)
<b>LIFESAVING SPORT TEAM A</b>	AGES 13 & UP	3 SPORT + 2 SWIM			5:30PM - 6:45PM (LIFESAVING SPORT)	4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)			11:30AM - 12:30PM (SWIM) 12:30PM-1:00PM (LIFESAVING SPORT)
<b>WATER POLO TEAM B</b>	AGES 8 -12	2.5 hours of sport + 45 minutes swim		5:45PM-7:00PM (WATER POLO)	4:15PM - 5:15PM (SWIM) 5:15PM-5:45PM (LIFESAVING SPORT or WATER POLO)				5:00PM-6:00PM (WATER POLO)
<b>WATER POLO TEAM A</b>	AGES 13 & UP	2.5 hours of sport + 45 minutes swim		5:45PM-7:00PM (WATER POLO)	4:15PM - 5:15PM (SWIM) 5:15PM-5:45PM (LIFESAVING SPORT or WATER POLO)				5:00PM-6:00PM (WATER POLO)
<b>MASTERS SWIM TEAM</b>	AGES 18 & UP	7	7:00PM - 8PM (SWIM)	6:00AM-7:00AM (SWIM)	8:00PM - 9PM (SWIM)	6:00AM-7:00AM (SWIM)	7:00PM - 8PM (SWIM)	7:00AM-8:00AM (SWIM)	7:00AM-8:30AM (SWIM)

Please note: Dryland schedules for participating programs will be released during the first week of training.