

SWIM ACADEMY - TRAINING DAYS & TIMES*

*Please note there is no training on Monday, February 19th and during March Break (March 12th-18th, except Masters Swim Team).

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

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