

SWIM ACADEMY - TRAINING DAYS & TIMES

NOTE: All practices include a 15-minute poolside activation

	MON*	TUE	WED	THU	FRI	SAT	SUN
YEAR ROUND SWIM TEAM FRESHMAN				4:30PM-5:30PM (SWIM)	4:00PM-5:00PM (MULTI-SPORT)		3:30PM-4:30PM (SWIM)
YEAR ROUND SWIM TEAM SOPHOMORE	4:45PM-6:00PM (SWIM)		4:15PM-5:30PM (SWIM)	4:15PM-5:30PM (WATER POLO)	4:45PM-6:00PM (SWIM/LIFESAVING)		
YEAR ROUND SWIM TEAM JUNIOR	6:45PM-8:00PM (SWIM)	6:45PM-8:00PM (SWIM)		4:15PM-5:30PM (WATER POLO)	5:45PM-7:00PM (SWIM/LIFESAVING)	7:15AM-8:30AM (SWIM)	
YEAR ROUND SWIM TEAM SENIOR	5:45PM-7:00PM (SWIM)	6:30AM- 8:00AM (SWIM)		6:30AM- 8:00AM (SWIM) AND/OR 5:15PM-6:30PM (WATER POLO)	6:45PM-8:00PM (SWIM)	8:15AM-9:30AM (SWIM)	4:15PM-6:00PM (SWIM)
LIFESAVING SPORT	5:45PM-7:00PM (LIFESAVING SPORT)			See optional water polo schedule			11:15AM-12:30PM (SWIM)
WATER POLO ATOM		5:15PM-6:30PM (WATER POLO)		5:15PM-6:30PM (WATER POLO)			11:15AM-12:30PM (SWIM)
WATER POLO PEEWEE		4:30PM-6:30PM (SWIM/WATER POLO)		4:35PM-6:30PM (SWIM/WATER POLO)			12:15PM-1:30PM (SWIM/LIFESAVING)
WATER POLO BANTAM	7:45PM-9:00PM (SWIM)	6:15PM-8:00PM (WATER POLO)		6:45PM-8:30PM (SWIM/WATER POLO)			12:15PM -1:30PM (SWIM/LIFESAVING)
SUMMER SWIM TEAM BRONZE	4:45PM-6:00PM (LIFESAVING SPORT)		4:15PM-5:30PM (SWIM)	See optional Water Polo schedule			10:15AM-11:30AM (SWIM)
SUMMER SWIM TEAM SILVER	6:45PM-8:00PM (LIFESAVING SPORT)		5:15PM-6:30PM (SWIM)	See optional Water Polo schedule			9:15AM-10:30AM (SWIM)
SUMMER SWIM TEAM GOLD/ PLATINUM	7:45PM-9:00PM (LIFESAVING SPORT)		6:15PM-7:30PM (SWIM)	See optional Water Polo schedule			8:15AM-9:30AM (SWIM)

*Please note that there will be no CGCSA practice on Saturday, October 12th-Monday, October 14th for Thanksgiving long weekend; Thursday, October 31st for Halloween and Monday, November 11th for Remembrance Day.