

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	6:15pm-7:15pm		5:00pm-6:00pm (Multi-Sport) Click to register		6:15pm-7:15pm		
YEAR ROUND SWIM TEAM SOPHOMORE	6:15pm-7:15pm		5:00pm-6:00pm (Multi-Sport) Click to register		6:15pm-7:15pm		9:00am-10:00am
YEAR ROUND SWIM TEAM JUNIOR	5:00pm-6:00pm	Group A 4:15pm-5:15pm Click to register Group B 5:15pm-6:15pm Click to register (Dryland Training)	4:00pm-5:00pm		5:00pm-6:00pm		8:00am-9:00am (Swim) 9:00am-10:00am (Multi-Sport) Click to register
YEAR ROUND SWIM TEAM SENIOR	5:00pm-6:00pm		4:00pm-5:00pm	Group A 4:15pm-5:15pm Click to register Group B 5:15pm-6:15pm Click to register (Dryland Training)	5:00pm-6:00pm		8:00am-9:00am (Swim) 9:00am-10:00am (Multi-Sport) Click to register
MULTI-SPORT	6:15pm-7:15pm (Swim)						9:00am-10:00am
SUMMER SWIM TEAM BRONZE			5:00pm-6:00pm (Multi-Sport) Click to register 6:15pm-7:15pm		4:00pm-5:00pm		
SUMMER SWIM TEAM SILVER	4:00pm-5:00pm				4:00pm-5:00pm		9:00am-10:00am (Multi-Sport) Click to register
SUMMER SWIM TEAM GOLD/ PLATINUM	4:00pm-5:00pm		5:00pm-6:00pm				9:00am-10:00am (Multi-Sport) Click to register

There will be no Swim Academy Practices on October 10th-12th for Thanksgiving, November 11th for Remembrance Day and from December 23rd-January 3rd.

Please note: Year round teams have the opportunity to book Multi-Sport practices and dryland training at no additional fee. To register for these practices, click on your registered swim team day/time link on the training schedule. Bookings can be made up to 7 days in advance.