



# 2018 Practice Schedule

(School and Summer Schedules by Age)

Age Group SCHOOL	Monday	Tuesday	Wednesday	Thursday	Saturday
5-6 Kickboard	x	x	x	x	920am-10am zero*
7-8 Kickboard	x	x	x	x	920am-10am zero*
8U Intermediate	x	x	x	x	9:20am-10am
8U Advanced	6p-6:45p	6p-6:45p	6p-6:45p	6p-6:45p	9:20am-10am
9-10	6p-6:45p	6p-6:45p	6p-6:45p	6p-6:45p	10am-10:50am
11-12	6:45p-7:30p	6:45p-7:30p	6:45p-7:30p	6:45p-7:30p	10:50am-1150am
13-18	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	8am-9:20am

Age Group SUMMER	Monday	Tuesday	Wednesday	Thursday	Friday
5-6 Kickboard	920am-10am zero*	920am-10am zero*	x	x	x
7-8 Kickboard	x	x	920am-10am zero*	920am-10am zero*	x
8U Intermediate	9:20am-10am	9:20am-10am	9:20am-10am	9:20am-10am	9:20am-10am
8U Advanced	9:20am-10am	9:20am-10am	9:20am-10am	9:20am-10am	9:20am-10am
9-10	10am-10:50am	10am-10:50am	10am-10:50am	10am-10:50am	10am-10:50am
11-12	10:50am-11:50am	10:50am-11:50am	10:50am-11:50am	10:50am-11:50am	10:50am-1150am
13-18	8am-9:20am	8am-9:20am	8am-9:20am	8am-9:20am	8am-9:20am

\* Kickboarder groups will practice in the zero entry pool.

## **8 and Under Groups:**

### **Advanced 8U:**

This group is capable of swimming a practice with the 9-10 group. They have competed in the first heat of a swim meet and/or have participated in a winter swim program (GPAC, TWAC, TNT, Coach Alberston's Warm up).

### **Intermediate 8U:**

Have demonstrated the ability to swim the length of the pool unassisted but are not able to do all of the practice drills yet. If you're not quite sure if your child is ready for Advanced, then they should be considered Intermediate. The intermediate group practices with the advanced group on Saturdays (School schedule) and then everyday once the team switches to morning practices.

### **Kickboarder:**

A swimmer that is unable to swim the length of the pool without stopping. This is a developing swimmer that we still can't trust in the water without direct, arms length supervision. We currently have it broken into ages 5-6 and 7-8, but that may be adjusted based on the number of swimmers.

### **Kickboarder Mentorship:**

We encourage swimmers , ages 11-18, to help with the kickboarder practices. Not only is it great for team building but for those that are looking for volunteer opportunities for college, NHS, scouts, etc, this is a convenient way to gain volunteer hours.

