



2019 Practice Schedule

SCHOOL PRACTICE MAY 28TH - JUNE 13TH

Age Group SCHOOL	Monday	Tuesday	Wednesday	Thursday	Friday
8U Kickboard/ NEW	XXX	Evaluation 7pm	XXX	Evaluation 7pm	XXX
8U Intermediate	7:00pm-7:30pm	7:00pm-7:30pm	7:00pm-7:30pm	7:00pm-7:30pm	7:00pm-7:30pm
8U Advanced	5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm
9-10	5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm
11-12	6:15pm-7:00pm	6:15pm-7:00pm	6:15pm-7:00pm	6:15pm-7:00pm	6:15pm-7:00pm
13-18	7pm-8:30pm	7pm-8:30pm	7pm-8:30pm	7pm-8:30pm	7pm-8:30pm

SUMMER PRACTICE JUNE 17TH- JULY 26TH (CHAMPS SWIMMERS ONLY JULY 22-26)

Age Group SUMMER	Monday	Tuesday	Wednesday	Thursday	Friday
8U Kickboard/ NEW	9:20am-9:50am	9:20am-9:50am	9:20am-9:50am	9:20am-9:50am	9:20am-9:50am
8U Intermediate	9:20am-9:50am	9:20am-9:50am	9:20am-9:50am	9:20am-9:50am	9:20am-9:50am
8U Advanced	9:50am-10:40am	9:50am-10:40am	9:50am-10:40am	9:50am-10:40am	9:50am-10:40am
9-10	9:50am-10:40am	9:50am-10:40am	9:50am-10:40am	9:50am-10:40am	9:50am-10:40am
11-12	10:40am-11:40am	10:40am-11:40am	10:40am-11:40am	10:40am-11:40am	10:40am-11:40am
13-18	8:00am-9:20am	8:00am-9:20am	8:00am-9:20am	8:00am-9:20am	8:00am-9:20am

8 and Under Groups:

Advanced 8U: Winter swimmers (GPAC, TWAC, TNT) and first heat swimmers. Practice with the 9-10 group.

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.

Kickboarder: Cannot swim the length of the pool. Requires supervision.

Kickboarder Mentorship: We encourage advanced swimmers of all ages to help with the kickboarder practices. GREAT FOR TEAM BUILDING AND VOLUNTEER HOURS!



2019 MEET SCHEDULE

SATURDAY JUNE 15TH: TIME TRIALS 8AM

SATURDAY JUNE 22ND: HOME VS VINELAND 7:15am

SATURDAY JUNE 29TH: AWAY @ PEACHWOOD 7:45am

SATURDAY JULY 6TH: AWAY @ RACCOON VALLEY 7:45am

SATURDAY JULY 13TH: HOME VS TARNSFIELD 7:15am

SATURDAY JULY 20TH: HOME VS ELMER 7:15am

Champs Week:

TUESDAY JULY 23RD: *PEACH BOWL* AFTERNOON/ EVENING

SATURDAY JULY 27TH: Championships at Larchmont 12 and Younger

SUNDAY JULY 28TH: Championships at Larchmont 13-18