

SWIM FORT LAUDERDALE
SFTL-SUMMER PRACTICE SCHEDULE 2023
(*As of Monday, March 27, 2023-Subject to Change*)

***The SFTL Summer Practice Schedule will be in effect Monday, June 12-Saturday, July 29, 2023**

Senior Groups:

Monday & Friday 7:30-10:00a.m./4-6:00p.m.
Tuesday & Thursday 7:15-10:00a.m./4-6:00p.m.
Wednesday a.m. 7:30-10:00a.m.
Saturday a.m. 7:15-10:00a.m.

**Long Course=a.m./Short Course=p.m.*

***Dryland=7:15a.m. Tue/Thu/Sat a.m.*

****Recommend 9-10 workouts wkly.*

Age Group Blue:

Monday 7:30-10:00a.m./4-6:00p.m.
Tuesday & Thursday 8-10:00a.m./4-6:00p.m.
Wednesday & Friday a.m. 7:30-10:00a.m.
Saturday a.m. 8-10:00a.m.

**Long Course=a.m./Short Course=p.m.*

***Dryland=7:30a.m. Mon/Wed/Fri a.m.*

****Recommend 6-8 workouts wkly-Coach will work with swimmers on individual schedules.*

Age Group Yellow II:

Monday 8-9:30a.m./4-5:30p.m.
Tuesday/Thursday 8-10:00a.m./4-5:30p.m.
Wednesday/Friday a.m. 8-9:30a.m.
Saturday a.m. 7:30-9:00a.m.

**Long Course=Tue/Thu a.m./Short Course=Mon/Wed/Fri/Sat a.m. & All p.m.*

***Dryland=8:00a.m. Tue/Thu a.m.*

****Recommend 5-6 workouts wkly-Coach will work with families on individual schedules.*

Age Group Yellow I:

Monday 8-9:15a.m./4-5:15p.m.
Tuesday/Thursday 8-9:15a.m./4-5:15p.m.
Wednesday/Friday a.m. 8-9:15a.m.
Saturday a.m. 7:30-9:00a.m.

**Long Course=Mon/Wed a.m./Short Course=Tue/Thu/Sat a.m. & All p.m.*

***Dryland=8-8:30a.m. Tue/Thu a.m.*

****Recommend 4-5 workouts wkly-Coach will work with families on individual schedules.*

Rising Stars:

Monday/Wednesday p.m. 5-6:00p.m.
Tuesday/Thursday p.m. 4-5:00p.m.
Saturday a.m. 8-9:00a.m.

**Recommend 4-5 workouts wkly*

Starfish:

Monday/Wednesday p.m. 4-5:00p.m.
Tuesday/Thursday p.m. 5-6:00p.m.
Saturday a.m. 8-9:00a.m.

**Recommend 3-4 workout wkl*