

SWIM FORT LAUDERDALE-SFTL

2022-2023 FALL/WINTER PRACTICE SCHEDULE

As of September 26, 2022=Subject to Change

The SFTL Fall/Winter Practice Schedule will be in effect September 2022-May 2023

SCY=Practice in 25 Yards in Training Pool/LCM=Practice in 50 Meters in Competitive Pool

****To start the Fall season, we only have the Competitive Pool available due to staffing***

*****Please see separate flyer for our BASS Pool Group Practice Schedule*****

GOLD/SILVER/ BRONZE (SENIOR):

Mon/Wed/Fri=4:30-6:30p.m. SCY

Tue/Thu=4:30-7:15p.m. LCM (Includes Dryland before swim practice)

Tue/Thu=5:45-6:45a.m. SCY (Mornings)

Sat=7:00-10:00a.m. LCM (Includes Dryland before swim practice)

AGE GROUP BLUE:

Mon/Wed/Fri=4:30-6:30p.m. SCY

Tue/Thu=4:30-7:00p.m. LCM (Includes Dryland after swim practice=6:30-7p.m.)

Sat=8:15-11:00a.m. LCM (Includes Dryland before swim practice=8:15-8:45a.m.)

AGE GROUP YELLOW II:

Mon/Fri=5-6:30p.m. LCM (Mon)/SCY (Fri)

Tue/Thu=5:00-7:00p.m. SCY (Includes Dryland before swim practice=5-5:30p.m.)

Wed=5:30-7:00p.m. SCY

Sat=9:30-11:30a.m. SCY (Includes Dryland before swim practice=9:30-10a.m.)

AGE GROUP YELLOW I:

Mon/Fri=5-6:15p.m. LCM (Mon)/SCY (Fri)

Tue/Thu=5:00-6:45p.m. SCY (Includes Dryland before swim practice=5-5:30p.m.)

Wed=5:30-6:45p.m. SCY

Sat=9:30-11:15a.m. SCY (Includes Dryland before swim practice=9:30-10a.m.)

RISING STARS:

Mon=5:30-6:30p.m. SCY

Tue/Thu=4:15-5:30p.m. SCY (Includes Dryland before swim practice=4:15-4:30p.m.)

Fri=5-6:00p.m. SCY

Sat=9:15-10:30a.m. SCY (Includes Dryland before swim practice=9:15-9:30a.m.)

STARFISH:

Mon=4:30-5:30p.m. SCY

Tue/Thu=5:30-6:30p.m. SCY

Sat =9:15-10:30a.m. SCY (Includes Dryland before swim practice=9:15-9:30a.m.)

LEVEL 5-Pre-Competitive Lessons:

1-2X weekly. On-going all year!

Wed=4:30-5:30p.m. *At Croissant Park Pool

Sat=11:15a.m.-12Noon *At Croissant Park Pool

BASS PRACTICE Group: *PLEASE see separate flyer for all info!