

December 1st – 23rd - All groups will practice at their Regular Times.

Team Schedule December 20 – 26, 2021

No practices on Friday Dec. 24th, Saturday Dec. 25th and Sunday Dec. 26th

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
December	20	21	22	23	24	25	26
Purple AM		9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am	NO PRACTICES Dec. 24 – 26, 2021		
Orange AM		9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am			
Purple 1		3:00 - 3:40 pm	3:00 - 3:40 pm	3:00 - 3:40 pm			
Purple 2		3:40 - 4:20 pm	3:40 - 4:20 pm	3:40 - 4:20 pm			
Purple 3		4:20 - 5:00 pm	4:20 - 5:00 pm	4:20 - 5:00 pm			
Purple 4		5:00 - 5:40 pm	5:00 - 5:40 pm	5:00 - 5:40 pm			
Green 1	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm			
Green 2	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm			
Orange 1	5:00 - 6:00 pm		5:00 - 6:00 pm	5:00 - 6:00 pm			
Orange 2		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm			
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm			
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm			
Blue Junior	6:00 - 7:30 pm (swim)	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)			
Blue Senior	5:15 – 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm	5:15 – 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm			

Starting Monday December 27, 2021 to Jan. 8, 2022 we will have a Modified team schedule. This is due to the college teams practicing at our pool.

If there are any changes to the schedule you will be notified!

Please make sure you bring DRY-LAND ATTIRE to practice in case of COLD WEATHER!

Team Schedule December 27, 2021 – January 2, 2022

Purple level is combined in 1, 2 and 3 groups.

Purple 1 (3:00 - 3:40 pm), Purple 2 (3:40 - 4:20 pm), and Purple 3 (4:20 - 5:00 pm)

Blue Senior and Blue Junior practice in the morning

No practices on Friday Dec. 31st, Saturday Jan. 1st and Sunday Jan. 2nd

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
December	27	28	29	30	31	Jan. 1	Jan. 2
Purple AM		9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am	NO PRACTICES Dec. 31, 2021 – Jan. 2, 2022		
Orange AM		9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am			
Purple 1		3:00 - 3:40 pm	3:00 - 3:40 pm	3:00 - 3:40 pm			
Purple 2		3:40 - 4:20 pm	3:40 - 4:20 pm	3:40 - 4:20 pm			
Purple 3		4:20 - 5:00 pm	4:20 - 5:00 pm	4:20 - 5:00 pm			
Green 1	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm			
Green 2	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm			
Orange 1	5:00 - 6:00 pm		5:00 - 6:00 pm	5:00 - 6:00 pm			
Orange 2		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm			
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm			
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm			
Blue Junior	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)			
Blue Senior	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)			

Team Schedule January 3 – 8, 2022

Purple level is combined in 1 and 2 groups.

Purple 1 swims 4:00 - 4:40 pm, Purple 2 swims 4:40 - 5:20 pm

Green 1 swims 4:00 – 4:45 pm and Green 2 swims 4:45 – 6:00 pm

Blue Senior and Blue Junior practice 8:15 – 10:45 am on Monday Jan. 3, 2022

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
January	3	4	5	6	7	8
Purple AM		9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am		
Orange AM		9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am		
Purple 1		4:00 - 4:40 pm	4:00 - 4:40 pm	4:00 - 4:40 pm		
Purple 2		4:40 - 5:20 pm	4:40 - 5:20 pm	4:40 - 5:20 pm		
Green 1	4:00 - 4:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	
Green 2	4:45 - 6:00 pm	4:45 - 6:00 pm	4:45 - 6:00 pm	4:45 - 6:00 pm	4:45 - 6:00 pm	
Orange 1	5:00 - 6:00 pm		5:00 - 6:00 pm		5:00 - 6:00 pm	
Orange 2		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm		
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	No Practice
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:00 pm	
Blue Junior	8:15 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	No Dry-land 6:00 - 7:30 pm (swim)	6:00 - 7:00 pm	9:00 - 11:00 am (swim) 11:00 - 11:45 am (dry-land)
Blue Senior	8:15 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	6:00 - 8:00 pm (swim)	No Dry-land 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	6:00 - 7:00 pm	9:00 - 11:00 am (swim) 11:00 - 11:45 am (dry-land)

School Year Team Schedule

Starts on Monday January 10, 2022

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
A.M. GROUPS swimming in Yards						
Purple AM		9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am		
Orange AM		9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am		
P.M. GROUPS swimming in Meters						
Purple 1		3:00 - 3:40 pm	3:00 - 3:40 pm	3:00 - 3:40 pm		
Purple 2		3:40 - 4:20 pm	3:40 - 4:20 pm	3:40 - 4:20 pm		
Purple 3		4:20 - 5:00 pm	4:20 - 5:00 pm	4:20 - 5:00 pm		
Purple 4		5:00 - 5:40 pm	5:00 - 5:40 pm	5:00 - 5:40 pm		
Green 1	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	
Green 2	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	
Orange 1	5:00 - 6:00 pm		5:00 - 6:00 pm		5:00 - 6:00 pm	
Orange 2		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm		
P.M. GROUPS swimming in Yards						
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	9:30 - 11:00 am (swim) 11:00 - 11:30 am (dry-land)
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:00 pm	
Blue Junior	6:00 - 7:30 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim)
P.M. GROUPS swimming in Meters						
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim) 8:00 - 8:30 pm (NAT. DEV)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim) 8:00 - 8:30 pm (NAT. DEV)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

This schedule is in effect when there are no swim meets or other changes!!!

If you have any questions regarding the program please feel free to call Coach K at **(561) 339-9959** or email at **coachkiril@yahoo.com**