

Starting Tuesday December 26, 2023 to Jan. 8, 2024 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 18 - 23, 2023

No practices on Saturday Dec. 23th, Sunday Dec. 24th and Monday Dec. 25th

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
December	18	19	20	21	22	23
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		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		
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	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)	NO PRACTICE
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	NO PRACTICE

Modified Team Schedule

Team Schedule December 26 - 30, 2023

Purple level is combined in 1, 2 and 3 groups.
 Purple 1 (4:00 - 4:40 pm), Purple 2 (4:40 - 5:20 pm), Purple 3 (5:20 - 6:00 pm)

Green 1 swims 4:00 – 4:45 pm and Green 2 swims 4:00 – 5:00 pm

Blue Senior and Blue Junior practice in the morning

Group	Mon.	Tues.	Thu.	Wed.	Fri.	Sat.
December	25	26	27	28	29	30
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		
Purple 3		5:20 - 6:00 pm	5:20 - 6:00 pm	5:20 - 6:00 pm		
Green 1	NO PRACTICE	4:00 - 4:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	
Green 2	NO PRACTICE	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	
Orange 1	NO PRACTICE		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	NO PRACTICE	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	8:00 - 9:30 am (swim) 9:30 – 10:00 am (dry-land)
Red	NO PRACTICE	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:00 pm	
Blue Senior and Blue Junior practice in the morning						
Blue Junior	NO PRACTICE	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)	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)
Blue Senior	NO PRACTICE	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)	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

No practice on Monday Jan. 1st 2024

Team Schedule January 2 - 6, 2024

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

Purple 1 (4:00 - 4:40 pm), Purple 2 (4:40 - 5:20 pm), Purple 3 (5:20 - 6:00 pm)

Green 1 swims 4:00 – 4:45 pm and Green 2 swims 4:00 – 5:00 pm

Blue Senior and Blue Junior practice in the morning

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
January	1	2	3	4	5	6
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		
Purple 3		5:20 - 6:00 pm	5:20 - 6:00 pm	5:20 - 6:00 pm		
Green 1	NO PRACTICE	4:00 - 4:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	
Green 2	NO PRACTICE	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	
Orange 1	NO PRACTICE		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	NO PRACTICE	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	NO PRACTICE
Red	NO PRACTICE	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:00 pm	
Blue Senior and Blue Junior practice in the morning						
Blue Junior	NO PRACTICE	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)	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)
Blue Senior	NO PRACTICE	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)	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

Team Schedule January 8 - 13, 2024

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

Purple 1 (4:00 - 4:40 pm), Purple 2 (4:40 - 5:20 pm), Purple 3 (5:20 - 6:00 pm)

Green 1 swims 4:00 – 4:45 pm and Green 2 swims 4:00 – 5:00 pm on Mon.-Wed.

Regular School Year Team Practice Schedule starts on Monday Jan. 8 except Purple and Green groups who will start on Wednesday Jan. 10, 2024

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
January	8	9	10	11	12	13
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	3:00 - 3:40 pm	3:00 - 3:40 pm		
Purple 2		4:40 - 5:20 pm	3:40 - 4:20 pm	3:40 - 4:20 pm		
Purple 3		5:20 - 6:00 pm	4:20 - 5:00 pm	4:20 - 5:00 pm		
Green 1	4:00 - 4:45 pm	4:00 - 4:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	
Green 2	4:00 - 5:00 pm	4:00 - 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	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)
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

School Year Team Schedule

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)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	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**