

## 2024 SUMMER SCHEDULE

### ARLINGTON POOL - SARASOTA

Senior Team	Monday thru Friday	6:30 – 8:45 am
	Tue & Thu	3:30 – 5:30 pm
	Saturday	6:30 – 9:00 am
Junior 3	Monday thru Saturday	6:30 – 8:00 am [12 yr. and older FLAG swimmers may add Tuesday and Thursday additional practice with Senior Team]
Junior 2	Monday thru Thursday	8:00 – 9:30 am
	Saturday	9:00 – 10:30 am
Junior 1	Mon, Wed, Friday	8:00 – 9:30 am
	Saturday	9:00 – 10:30 am
Jr. Varsity	Mon, Wed, Fri	4:00 – 5:00 pm
Varsity	Mon, Wed, Fri	5:00 – 6:00 pm
Silver Team	Tue and Thur.	5:30 – 6:45 pm
	Saturday	9:00 – 10:00 am
Blue Team	Tue and Thur.	4:30 – 5:30 pm
	Saturday	8:00 – 9:00 am
Red 1 & 2	Tuesday and Thur.	4:30 – 5:15, 5:30- 6:15 pm

### LINCOLN POOL – MANATEE

Sr. + Jr. 1,2,3	Mon, Wed, Fri	6:00 – 8:00 am
	Tuesday & Thursday	4:30 – 6:30 pm
	Saturday	at Arlington Park – check schedule
Silver Team	Tuesday & Thursday	5:15 – 6:30 pm
	Saturday	9:00 – 10:00 am [Arlington-long course]
Red Team	Tuesday & Thursday	4:30 – 5:15 pm

Junior 1 chooses 3-4 practices/week, Junior 2 choose 4-5 practices/week

OPTION FOR JR & SR TEAM SWIMMERS TO SWIM TUE. & THUR. MORNINGS AT ARLINGTON AND MAXIMIZE LONG COURSE TRAINING. REFER TO ARLINGTON SCHEDULE FOR YOUR GROUP.