

Dragon Swim Academy Group Practice Times: 2023-2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Preparatory	Track 1 (Monday/Tuesday/Wednesday)					
	3:30PM - 4:30PM @ Windermere Prep	4:00PM - 5:00PM @ Windermere Prep	2:30PM - 3:30PM @ Windermere Prep	OFF	OFF	OFF
Stroke Development	Track 1 (Monday/Thursday)					
	4:30PM - 5:15PM @ Windermere Prep	OFF	OFF	4:30PM - 5:15PM @ Windermere Prep	OFF	OFF
	Track 2 (Monday/Friday)					
	6:15PM - 7:00PM @ Windermere Prep	OFF	OFF	OFF	5:30PM - 6:15PM @ Windermere Prep	OFF
Platinum	Track 1 (Monday/Friday, 5:00 PM)					
	5:00PM - 5:30PM @ Windermere Prep	OFF	OFF	OFF	5:00PM - 5:30PM @ Windermere Prep	OFF
	Track 2 (Monday/Friday, 5:30 PM)					
	5:30PM - 6:00PM @ Windermere Prep	OFF	OFF	OFF	5:30PM - 6:00PM @ Windermere Prep	OFF
Diamond	Track 1 (Monday/Friday)					
	4:30PM - 5:00PM @ Windermere Prep	OFF	OFF	OFF	4:30PM - 5:00PM @ Windermere Prep	OFF
	Track 2 (Tuesday/Thursday, 5:00 PM)					
	OFF	5:00PM - 5:30PM @ Windermere Prep	OFF	5:00PM - 5:30PM @ Windermere Prep	OFF	OFF
	Track 3 (Tuesday/Thursday, 5:30 PM)					
	OFF	5:30PM - 6:00PM @ Windermere Prep	OFF	5:30PM - 6:00PM @ Windermere Prep	OFF	OFF
Track 4 (Wednesday/Friday)						
OFF	OFF	5:00PM - 5:30PM @ Windermere Prep	OFF	5:00PM - 5:30PM @ Windermere Prep	OFF	
Gold	Track 1 (Tuesday)					
	OFF	5:00PM - 5:30PM @ Windermere Prep	OFF	OFF	OFF	OFF
	Track 2 (Wednesday, 4:00 PM)					
	OFF	OFF	4:00PM - 4:30PM @ Windermere Prep	OFF	OFF	OFF
	Track 3 (Wednesday, 4:30 PM)					
	OFF	OFF	4:30PM - 5:00PM @ Windermere Prep	OFF	OFF	OFF
Track 4 (Thursday)						
OFF	OFF	OFF	5:15PM - 5:45PM @ Windermere Prep	OFF	OFF	
Silver	Track 1 (Wednesday)					
	OFF	OFF	4:30PM - 5:00PM @ Windermere Prep	OFF	OFF	OFF
Track 2 (Friday)						
OFF	OFF	OFF	OFF	4:30PM - 5:00PM @ Windermere Prep	OFF	
Bronze	Track 1 (Tuesday)					
	OFF	4:30PM - 5:00PM @ Windermere Prep	OFF	OFF	OFF	OFF
Track 2 (Friday)						
OFF	OFF	OFF	OFF	4:00PM - 4:30PM @ Windermere Prep	OFF	
Learn-to-Swim	Track 1 (Monday)					
	5:00PM - 5:30PM @ Windermere Prep	OFF	OFF	OFF	OFF	OFF
Locations	Windermere Prep (WP) 6189 Winter Garden Vineland Rd Windermere, FL 34786					