

2024 DCS SWIM SCHEDULE (Summer + Fall + Winter)

AM Practice	MONDAY	TUESDAY	WEDNESDAY	AM Practice	THURSDAY	FRIDAY	CJrod Coach Jrod
500 - 530	TE + GOLD SWIM (CJrod)	TE + GOLD SWIM (CJrod)	OFF	500 - 530	TE + GOLD SWIM (CJrod)	TE + GOLD SWIM (CJrod)	CD Coacg Dan
530 - 600				CJ Coach Johnny			
600 - 630				CI Coach Igor			

PM Practice	MONDAY			PM Practice	THURSDAY		
500 - 530	Level 1 + Level 2 Dryland (CJ + CI)			500 - 530	WATERPOLO TRAINING COMING SOON		
530 - 600	Level 1 SWIM (CJ)		Level 2 SWIM (CI)	530 - 600			
600 - 630	TE - Group 1 DryLand (CD)	BRONZE SWIM (CI)		600 - 630			
630 - 700				630 - 700			
700 - 730	TE - Group 2 DryLand (CD)	SILVER SWIM (CJ)		700 - 730			
730 - 800				730 - 800			

PM Practice	TUESDAY			PM Practice	FRIDAY		
500 - 530	GOLD, BRONZE SELECT, SILVER SELECT Dryland (CD+ CJ)		Level 2 SWIM (CI)	500 - 530	TE + GOLD Dryland (CD + CJrod)	BRONZE SWIM (CI)	SILVER SWIM (CJ)
530 - 600				530 - 600			
600 - 630	TE + GOLD SWIM (CD + CJ)	BRONZE SELECT SILVER SELECT SWIM (CD + CJ)	Level 2 Dryland (CI)	600 - 630	TE + GOLD + SILVER & BRONZE SELECT SWIM (CJrod + CD)	BRONZE Dryland (CI)	SILVER Dryland (CJ)
630 - 700			630 - 700				
700 - 730			700 - 730				
730 - 800			730 - 800				

PM Practice	WEDNESDAY			AM Practice	SATURDAY		
500 - 530	BRONZE / SILVER Dryland (CD)	Level 1 + Level 2 Dryland (CJ + CI)		700 - 800	TE + GOLD SWIM (CJrod + CD)	BRONZE Dryland (CI)	SILVER Dryland (CJ)
530 - 600		Level 1 SWIM (CJ)	Level 2 SWIM (CI)	800 - 900			
600 - 630	TE - Group 1 DryLand (CD)	SILVER SWIM (CJ)		900 - 1000	TE + GOLD Dryland (CJrod + CD)	BRONZE SWIM (CI)	SILVER SWIM (CJ)
630 - 700				630 - 700			
700 - 730	TE - Group 2 DryLand (CD)	BRONZE SWIM (CI)		1000 - 1030			
730 - 800				730 - 800			

Emergin Swimmer Groups	Swimming	Dryland
LEVEL 1	2 Hrs	1 Hr
LEVEL 2	3 Hrs	1.5 hrs

Competitive Groups	Swimming	Dryland
BRONZE / BRONZE SELECT	6 / 8	3
SILVER / SILVER SELECT	6 / 8	3
GOLD	12	3
TEAM ELITE	12	4