



BLAST – ‘RETURN-TO-THE-POOL’– HOLMES

***PHASE 1 PRACTICE TIMES UNTIL FURTHER NOTICE...Please note the scheduled ‘Swim’ time and ‘Pass’ time (‘Pass’ time = time allowed for swimmers to exit facility and next group to enter)**

- **Beginning June 10th - Elite/Senior (24)**
 - 8:00-8:50am M/W/F – 40 min swim 10 min pass
 - 6:00-6:50am T/Th/Sa - 40 min swim 10 min pass
- **Beginning June 10th - Gold/Silver1 (18)**
 - 8:50-9:30am M/W/F - 30 min swim 10 min pass
 - 6:50-7:30am T/Th – 30 min swim 10 min pass
- **Beginning June 10th - Gold/Silver2 (18)**
 - 9:30-10:10am M/W/F - 30 min swim 10 min pass
 - 7:30-8:10am T/Th - 30 min swim 10 min pass
- **Beginning June 10th – Bronze/Focus1 (15)**
 - 10:10-10:50am M/W/F - 30 min swim 10 min pass
- **Beginning June 11th – Bronze/Focus2 (13)**
 - 8:10-8:50am T/Th
 - 7:00-7:40am Sa - 30 min swim 10 min pass
- **Beginning June 15th - AG3 (20)**
 - 11:45-12:30pm M/W - 30 min swim 15 min pass
 - 9:45-10:30am T/Th - 30 min swim 15 min pass
- **Beginning June 15th – AG2 (12)**
 - 12:30-1:15pm M/W - 30 min swim 15 min pass
 - 10:30-11:15am Th - 30 min swim 15 min pass
- **Beginning June 15th – AG1/Novice (13)**
 - 1:15-2:00pm M/W – 30 min swim 15 min pass
- ****15-30 min Deep Clean****
- BLAST exits facility