



2023-2024 SCY Practice Schedule

This practice schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10U-Dev	5:00p-6:10p Training Pool (2-8)	No Practice	5:00p-6:10p Training Pool (2-8)	No Practice	5:00p-6:10p Training Pool (2-8)	11:15a-12:30p West Pool (3-8)	No Practice
10U-Adv	6:15p-7:45p Training Pool (2-8)	No Practice	6:15p-7:45p Training Pool (2-8)	6:00p-7:30p Training Pool (2-8)	6:15p-7:45p Training Pool (2-8)	11:15a-12:50p West Pool (1-5)	No Practice
11-12 (Blue Group) Pierre's Group	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	10:00a-11:45a East Pool (1-5)	No Practice
11-12 (Red Group) John's Group	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	10:00a-11:45a East Pool (6-11)	No Practice
13-14 (Dryland)	5:20p-6:00p FMC Dryland		5:20p-6:00p FMC Dryland			8:30a-9:10a FMC Dryland	No Practice
13-14 (Swim)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	9:20a-11:10a West Pool (1-7)	No Practice
Senior (Dryland)		6:20p-7:10p FMC-Dryland		6:20p-7:10p FMC-Dryland		9:30a-10:20a FMC-Dryland	No Practice
Senior (Swim)	4:20p-6:10p West Pool (1-7)	4:20p-6:10p West Pool (1-7)	4:20p-6:10p West Pool (1-7)	4:20p-6:10p West Pool (1-7)	4:20p-6:10p West Pool (1-7)	7:15a-9:15a West Pool (1-7)	No Practice
National (Dryland)		5:20a-6:45a FMC-Dryland		5:20a-6:45a FMC-Dryland		10:10a-11:30a FMC-Dryland	No Practice
National (Swim)	4:10p-6:10p East Pool (6-11)	4:10p-6:10p East Pool (6-11)	4:10p-6:10p East Pool (6-11)	4:10p-6:10p East Pool (6-11)	4:10p-6:10p East Pool (6-11)	7:45a-10:00a East Pool (6-11)	No Practice

FMC Natatorium

Training Pool

East Competition Pool

West Competition Pool

All Practices are held at FMC Natatorium

All Swimmers must bring the required equipment items to practice everyday.

Athletes should be on deck 10 min prior to practice sessions. Some practices may be canceled when there is a meet.

8 & unders should attend 3 out of 4 practices and 9-10 should attend 4 out of the 5 practices

The Short Course season begins as follows, and ends 2/27/24**:

National Group: Monday, 8/28/23

13/14 & Senior Group: Tuesday, 9/5/23

Age Group (11/12, 10U): Wednesday 9/6/23