

Practice Schedule for Spring-Summer 2022

Updated March 22, 2022

April 18 to June 9, 2022

Swim Lesson	Monday-Thursday	4:45-5:30 PM	VISTA School
Age Group Bronze	Monday-Thursday	4:45-5:30 PM	VISTA School
Age Group Silver	Monday-Thursday	5:30-6:30 PM	VISTA School
Age Group Gold	Monday-Thursday	6:30-7:30 PM	VISTA School
Pre Senior	Monday-Thursday	7:30-8:30 PM	VISTA School

June 13 to August2, 2022

Moving from a 4 lane practice pool to a 6 lane practice pool and the return of high school swimmers and others from Keystone will require combining and adjusting swimmers' placement.

Age Group Bronze	Monday-Friday	11:00-12:00 AM	DT Community
Age Group Silver	Monday-Friday	11:00-12:00 AM	DT Community
Age Group Gold / Pre Sr	Monday-Friday	9:45-11:00 AM	DT Community
Pre Senior	Monday-Friday	8:00-9:45 AM	DT Community
Senior	Monday-Friday	8:00-9:45 AM	DT Community

Swim Practice Group Placement “Guidelines”

Each practice group will be provided with 4 Lanes with a maximum of 24 in each group w/ the exception of the Senior Group. Practice groups will be determined by the criteria listed below.

The time standard age used will be as of June 1. The Head Coach determines all group placements along with recommendations from the group coach. The following are guidelines

Learn to Swim:

- Swimmers aged 5-9 year old as of June 1, 2022.
- Must be independent from parents and comfortable in the water.
- Practice group will consist of approximately 12 swimmers.

Age Group Bronze:

- Swimmers aged 6-10 years old as of June 1, 2022 or graduation years 2030-2034
- Swimmer must have demonstrated a level of comfort and ability to complete multiple lengths of freestyle and backstroke.
- Practice group with no more than 12 participants.

Age Group Silver

- Swimmers aged 8-12 years old as of June 1, 2022 or graduation years 2028-2033
- Swimmer must have demonstrated the ability to listen in a large group setting.
- Swimmers must be able to swim repetitive 25s and 50s demonstrating proper techniques in freestyle, backstroke, and either butterfly or breaststroke.
- Practice group will consist of approximately 24 swimmers.



Age Group Gold

- Swimmers aged 9-13 years old as of June 1, 2022 or graduation years 2027-2032
- Swimmer must have demonstrated the ability to listen in a large group setting.
- Swimmers must be able to swim repetitive 50s and 100s demonstrating proper techniques in all four strokes (Butterfly, Backstroke, Breaststroke, and Freestyle)
- Practice group will consist of approximately 24 swimmers.

Pre Senior Group

- Swimmers aged 11-14 years old as of June 1, 2022 or graduation years 2026-2030
- Swimmer has already demonstrated understanding of interval training while staying on task.
- Practice group will consist of approximately 20 swimmers

Senior

- Swimmers will have completed or are currently finishing their first year of high school.

Practice group placement is at the discretion of the coaching staff . Group placement is based on the needs and ability of the individual. As each group's development improves, the more challenging it will become. Group placement is not a matter of convenience

