

SPRING-SUMMER PRACTICE SCHEDULE 2024

** SUBJECT TO CHANGE **

SPRING PORTION - see dates for each group

		MON	TUE	WED	THU	FRI	SAT
ISM SWIM TEAM April 17 - June 5	ISM Students		4:15-5:00 ISM				
RED 2 April 15 - June 6	Age 8/Under	5:15-6:00 ISM	5:15-6:00 ISM	5:15-6:00 ISM	5:15-6:00 ISM		
RED 3 April 15 - June 6	Age 8/Under	5:15-6:15 ISM	5:15-6:15 ISM	5:15-6:15 ISM	5:15-6:15 ISM		
RED 1 April 17 - June 6	Age 8/Under	6:15-7:00 ISM	6:15-7:00 ISM		6:15-7:00 ISM		
AGE GROUP PREP April 16 - June 6	Ages 9-14	7:00-8:00 ISM	7:00-8:00 ISM	6:15-7:15 ISM	7:00-8:00 ISM		
AGE GROUP BRONZE 1 April 15 - June 8	Ages 9-10	6:00-7:00 PM EPCC	7:20-8:30 PM EPCC	6:00-7:00 PM EPCC			11:00-12:30 PM EPCC
AGE GROUP BRONZE 2 April 15 - June 8	Ages 11-13	7:00-8:30 PM EPCC		7:00-8:30 PM EPCC	7:20-8:30 PM EPCC		11:00-12:30 PM EPCC
AGE GROUP SILVER 1 April 1 - June 8	Ages 9-10	5:30-7:00 PM EPCC	5:45-7:00 PM EPCC		5:30-7:00 PM EPCC	6:00-7:30 PM EPCC	9:30-11:00 AM EPCC
AGE GROUP SILVER 2 April 1 - June 8	Ages 11-12	6:35-8:45 PM EPCC	5:45-7:30 PM EPCC	5:35-7:45 PM EPCC	5:45-7:30 PM EPCC	6:00-7:30 PM EPCC	9:30-11:00 AM EPCC
AGE GROUP GOLD April 8 - June 7	Ages 13-14	6:45-8:30 PM OAK POINT	6:45-8:30 PM OAK POINT	6:45-8:30 PM OAK POINT	6:45-8:30 PM OAK POINT	6:45-8:30 PM OAK POINT	
NATIONAL AGE GROUP April 1 - June 8	Ages 13-14	5:45-7:45 PM EPCC	7:00-9:00 PM EPCC	6:00-8:00 PM EPCC	7:00-9:00 PM EPCC	6:00-8:00 PM EPCC	7:30-9:30 AM EPCC
NAG and AG GOLD XCELFIT No Signups Required			6:45-7:25 AM		6:45-7:25 AM		
SENIOR GROUP April 8 - June 7	Ages 15+	6:45-8:30 PM OAK POINT	6:45-8:30 PM OAK POINT	6:45-8:30 PM OAK POINT	6:45-8:30 PM OAK POINT	6:45-8:30 PM OAK POINT	
NATIONAL SENIOR PREP April 1 - June 8	Ages 15+	3:45-5:45 PM EPCC	3:45-5:45 PM EPCC	3:45-6:00 PM EPCC	3:45-5:45 PM EPCC	3:45-6:00 PM EPCC	7:30-9:30 AM EPCC
NATIONAL SENIOR April 1 - June 8	Ages 15+		6:05-7:05 AM OP		6:05-7:05 AM OP		
		3:45-5:45 PM EPCC	3:45-5:45 PM EPCC	3:45-6:00 PM EPCC	3:45-5:45 PM EPCC	3:45-6:00 PM EPCC	7:30-9:30 AM EPCC
NAT & NAT PREP XCELFIT Signups Required		6:00-6:50 AM				6:00-6:50 AM	
MASTERS Continuous Program	Adults	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	

SPRING-SUMMER PRACTICE SCHEDULE 2024

** SUBJECT TO CHANGE **

SUMMER PORTION - see dates for each group

		MON	TUE	WED	THU	FRI	SAT
RED 2 June 10 - July 14 or final meet	Age 8/Under	5:15-6:00 ISM	5:15-6:00 ISM	5:15-6:00 ISM	5:15-6:00 ISM		
RED 3 June 10 - July 14 or final meet	Age 8/Under	5:15-6:15 ISM	5:15-6:15 ISM	5:15-6:15 ISM	5:15-6:15 ISM		
RED 1 June 10 - July 14 or final meet	Age 8/Under	6:15-7:00 ISM	6:15-7:00 ISM		6:15-7:00 ISM		
AGE GROUP PREP June 10 - July 14 or final meet	Ages 9-14	7:00-8:00 ISM	7:00-8:00 ISM	6:15-7:15 ISM	7:00-8:00 ISM		
BRONZE GROUP 1 June 10 - July 14 or final meet	Ages 9-10	5:30-6:30 EPCC	5:30-6:30 EPCC	5:30-6:30 EPCC	5:30-6:30 EPCC		
BRONZE GROUP 2 June 10 - July 14 or final meet	Ages 11-14	6:30-7:45 EPCC	6:30-8:00 EPCC	6:30-7:45 EPCC	6:30-8:00 EPCC		
SILVER GROUP 1 June 10 - July 14 or final meet	Ages 9-10	10:00-11:30 AM RICH	5:30-7:00 EPCC	10:00-11:30 AM RICH	5:30-7:00 EPCC	10:00-11:30 AM RICH	
		5:30-7:00 EPCC		5:30-7:00 EPCC			
SILVER GROUP 2 June 10 - July 14 or final Meet	Ages 11-13	10:00-11:30 AM RICH	10:00-11:30 AM RICH	10:00-11:30 AM RICH	10:00-11:30 AM RICH	10:00-11:30 AM RICH	
			3:30-5:30 EPCC				
AGE GROUP GOLD June 10 - July 14 or final meet	Ages 13+	3:30-5:30 EPCC	3:30-5:30 EPCC	3:30-5:30 EPCC	3:30-5:30 EPCC		
XCELFIT No Signups Required	NAG		3:30-4:10 PM		3:30-4:10 PM		
NAT AGE GROUP June 10 - July 14 or final meet	Ages 13-14	9:20-11:30 AM RICH	9:20-11:30 AM RICH	9:20-11:30 AM RICH	9:20-11:30 AM RICH	7:00-9:30A OP	
				3:30-5:30P OP			
SENIOR June 10 - July 14 or final meet	Ages 13+	3:30-5:30 EPCC	3:30-5:30 EPCC	3:30-5:30 EPCC	3:30-5:30 EPCC		
XCELFIT Signups Required	NAT and NAT PREP	3:30-4:20 PM		3:30-4:20 PM			
NAT SENIOR PREP June 10 - July 14 or final meet	Ages 15+	8:00-9:45 AM RICH	7:00-9:00 AM OAK POINT	8:00-9:45 AM RICH	7:00-9:00 AM OAK POINT	8:00-10:00 AM RICH	
NAT SENIOR June 10 - July 14 or final meet	Ages 15+	8:00-10:00 AM RICH	8:00-10:00 AM RICH	8:00-10:00 AM RICH	8:00-10:00 AM RICH	8:00-10:00 AM RICH	
			3:30-5:30P OP		3:30-5:30P OP		
MASTERS Continuous Program	Adults	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	