

Phoenix Swimming Long Course Practice Schedule

By Group:

Practice Schedule May 1st - May 25th

Novice:

Monday 6:15-7:15pm
Wednesday 6:15-7:15pm
Friday 5:15-6:30pm

Age Group:

Monday 6:15-7:45pm
Tuesday 5:00-7:15pm (dryland 5:00-5:45pm)
Wednesday 6:15-7:45pm
Thursday 4:30-6:45pm (dryland 4:30-5:15pm)
Sunday 2:45-5:00pm at the LBGC

Junior Group:

Monday 5:15-8:00pm (dryland 5:15-6:15pm)
Tuesday 5:45-7:30pm
Wednesday 5:15-8:00pm (dryland 5:15-6:15pm)
Thursday 5:15-7:00pm
Saturday 5:45-9:15am (dryland 8:15-9:15am)
Sunday 2:45-5:00pm at the LBGC

Senior Group:

Monday 7:30-9:30pm
Tuesday 6:00-9:00pm (dryland 6:00-7:00pm)
Wednesday 7:30-9:30pm
Thursday 5:30-8:30pm (dryland 5:30-6:30pm)
Friday 5:15-7:30pm
Saturday 5:45-9:15am (dryland 8:15-9:15am)
Sunday 4:45-8:00pm (dryland 4:45-5:45pm)

**LBGC= Lawrence Boys and Girls Club
All other practices are at the Cedarland Aquatic Center

Practice Schedule May 26th - June 25th

Novice:

Monday 4:15-5:15pm
Wednesday 4:15-5:15pm
Friday 4:15-5:30pm

Age Group:

Monday 4:15-5:45pm
Tuesday 4:15-6:45pm (dryland 6:00-6:45pm)
Wednesday 4:15-5:45pm
Thursday 4:15-6:45pm (dryland 6:00-6:45pm)
Friday 4:15-5:45pm

Junior Group:

Monday 4:15-7:15pm (dryland 6:15-7:15pm)
Tuesday 4:15-6:00pm
Wednesday 4:15-7:15pm (dryland 6:15-7:15pm)
Thursday 4:15-6:00pm
Friday 4:15-6:30pm
Saturday 6:45-10:15am (dryland 9:15-10:15am)

Senior Group:

Monday 5:30-8:00pm
Tuesday 4:30-7:45pm (dryland 4:30-5:30pm)
Wednesday 5:30-8:00pm
Thursday 4:30-7:45pm (dryland 4:30-5:30pm)
Friday 5:30-8:00pm
Saturday 6:45-10:15am (dryland 9:15-10:15am)

**All practices are at the Cedarland Aquatic Center. Depending on the temp of the pool at the main club, we do have access to start training long course on the weekends starting Saturday June 11th. Plan on having Saturday practices at the Cedarland Aquatic Center unless notified via email.

Practice Schedule June 26th - Aug 13th

Novice:

Monday 5:45-6:45pm
Thursday 5:45-6:45pm
Saturday 6:45-8:00am LC

Age Group:

Monday 5:00-8:00pm (dryland 5:00-5:45pm)
Tuesday 7:45-9:15pm LC
Wednesday 6:45-9:15pm LC (dryland 6:45-7:45pm)
Thursday 5-7:30pm (dryland 5-5:45pm)
Saturday 6:15-8:00am LC

Junior Group:

Monday 6:45-9:30pm LC (dryland 6:45-7:45pm)
Tuesday 4:45-7:45pm (dryland 4:45-5:45pm)
Wednesday 5:45-8:00am LC
Thursday 7:30-9:30pm LC (core/ stroke specific training 7:30-7:50pm)
Friday 5:45-8:00pm
Saturday 7:45-11:15am (dryland 10:15-11:15am)

Senior Group:

Monday 6:45-10:00pm LC (dryland 6:45-7:45pm)
Tuesday 4:45-8:00pm (dryland 4:45-5:45pm)
Wednesday 5:45-8:00am LC, 6:45-9:30pm LC (dryland 6:45-7:45pm)
Thursday 7:30-10:00pm LC (core/ stroke specific training 7:30-7:50pm)
Friday 5:45-8:00pm
Saturday 7:45-11:15am (dryland 10:15-11:15am)

**LC= Long Course Training at the Main Club
All other practices are at the Cedarland Aquatic Center