

2014 Phoenix Swimming Long Course Practice Schedule (By Group):

Practice Schedule May 21st -June 22nd

Novice:

Monday 6:00-7:15pm
Wednesday 6:00-7:15pm
Saturday 9:30-10:30am

Age Group:

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

Junior Group:

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

Senior Group:

Monday 4:00-6:15pm
Tuesday 5:45-8:15pm
Wednesday 4:15-7:30pm (dryland 6:30-7:30pm)
Thursday 5:45-8:15pm
Saturday 6:15-9:45am (dryland 8:45-9:45am)
Sunday 8:15-11:00am

PreNational Group:

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

National Group:

Monday 4:00-7:30pm (dryland 6:30-7:30pm)
Tuesday 5:45-8:15pm
Wednesday 4:15-7:30pm (dryland 6:30-7:30pm)
Thursday 5:45-8:15pm
Friday 4:15-7:30pm
Saturday 6:15-9:45am (dryland 8:45-9:45am)
Sunday 8:15-11:00am

**All practices are at the Cedarland Aquatic Center.

Practice Schedule June 23rd -August 5th

Novice:

Tuesday 5:15-7:00pm
Thursday 5:15-7:00pm
Saturday 8:30-10:00am

Age Group:

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

Junior Group:

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

Senior Group:

Monday 4:30-7:45pm (dryland 4:30-5:30pm)
Tuesday 6:15-8:00am **LC (WOMEN ONLY)/**
7:45-10:00pm **LC**
Wednesday 4:30-7:45pm (dryland 4:30-5:30pm)
Thursday 6:15-8:00am **LC (MEN ONLY)/**
7:45-10:00pm **LC**
Friday 7:00-8:45pm
Saturday 5:45-9:30am (5:45-8:00am **LC**,
dryland 8:15-9:30am)

PreNational Group:

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

National Group:

Monday 4:30-8:15pm (dryland 4:30-5:30pm)
Tuesday 6:15-8:00am **LC (WOMEN ONLY)/**
7:45-10:00pm **LC**
Wednesday 4:30-8:15pm (dryland 4:30-5:30pm)
Thursday 6:15-8:00am **LC (MEN ONLY)**
7:45-10:00pm **LC**
Friday 7:00-8:45pm
Saturday 5:45-9:30am (5:45-8:00am **LC**,
dryland 8:15-9:30am)

****LC= Practice is held in the 50m pool at the Main Club**

****All other practices are at the Cedarland AC**