

2022 BAC EARLY FALL PRACTICE SCHEDULE (through High School)

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	3:30 - 5:05pm	3:30 - 5:05pm	3:30 - 5:05pm	3:30 - 5:00pm	5:00 - 7:00pm	12:00 - 3:00pm	CLINICS
Or Later		7:15 - 8:50pm	7:15 - 8:50pm	7:15 - 8:50pm	8:00 - 9:30pm			
JUNIOR SQUAD 1	5th - 12th Grade	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	6:30 - 8:00pm	12:00 - 1:30pm	CLINICS
JUNIOR SQUAD 2	5th - 12th Grade	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	8:00 - 9:30pm	6:30 - 8:00pm	1:30 - 3:00pm	CLINICS
AGE GROUP DEVELOPMENT 1	2nd - 7th Grade	4:00 - 5:00pm	Off	4:00 - 5:00pm	Off	5:00 - 5:45pm	CLINICS	12:00 - 1:00pm
AGE GROUP DEVELOPMENT 2	2nd - 7th Grade	Off	4:00 - 5:00pm	Off	4:00 - 5:00pm	5:00 - 5:45pm	CLINICS	12:00 - 1:00pm
AGE GROUP DEVELOPMENT 3	2nd - 7th Grade	7:00 - 8:00pm	Off	7:00 - 8:00pm	Off	5:45 - 6:30pm	CLINICS	12:00 - 1:00pm
AGE GROUP PERFORMANCE 1	4th - 10th Grade	8:00 - 9:00pm	Off	8:00 - 9:00pm	Off	5:00 - 5:45pm	CLINICS	1:00 - 2:00pm
AGE GROUP PERFORMANCE 2	4th - 10th Grade	Off	8:00 - 9:00pm	Off	8:00 - 9:00pm	5:45 - 6:30pm	CLINICS	1:00 - 2:00pm

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc. Sunday Clinics OR Home Meets.

2022-23 BAC WINTER PRACTICE SCHEDULE (during High School Nov 10 - Feb 10) end date TBD

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP								
PODS								
SENIOR SQUAD	8th - 12th Grade	7:15 - 9:00pm	7:15 - 9:00pm	7:15 - 9:00pm	7:00 - 9:00pm	5:15 - 7:15pm	12:00 - 3:00pm	TBD
JUNIOR SQUAD	5th - 12th Grade	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	8:00 - 9:30pm	TBD	12:00 - 1:30pm	12:00 - 1:30pm
AGE GROUP DEVELOPMENT	2nd - 7th Grade	5:15 - 6:15pm	Off	5:15 - 6:15pm	Off	5:15 - 6:00pm	1:30 - 2:15pm	12:00 - 12:45pm
AGE GROUP DEVELOPMENT	2nd - 7th Grade	7:00 - 8:00pm	Off	7:00 - 8:00pm	Off	5:15 - 6:00pm	1:30 - 2:15pm	12:00 - 12:45pm
AGE GROUP PERFORMANCE	4th - 10th Grade	6:15 - 7:15pm	Off	6:15 - 7:15pm	Off	5:45 - 6:30pm	2:15 - 3:00pm	12:45 - 1:30pm
AGE GROUP PERFORMANCE	4th - 10th Grade	8:00 - 9:00pm	Off	8:00 - 9:00pm	Off	5:45 - 6:30pm	2:15 - 3:00pm	12:45 - 1:30pm

AG Development and AG Performance may attend one workout on Mondays and Wednesdays. Please coordinate with your coach to finalize your schedule.

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc. Sundays added in lieu of HS season adjusted weekday schedule

2023 BAC EARLY SPRING PRACTICE SCHEDULE (After High School) **TENTATIVE**

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	3:30 - 5:15pm	3:30 - 5:15pm	3:30 - 5:15pm	3:30 - 5:00pm	5:00 - 7:00pm	12:00 - 3:00pm	TBD
JUNIOR SQUAD	5th - 12th Grade	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	8:00 - 9:30pm	6:30 - 8:00pm	1:30 - 3:00pm	12:00 - 1:30pm
AGE GROUP DEVELOPMENT 1	2nd - 7th Grade	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	5:00 - 5:45pm	CLINICS	12:00 - 12:45pm
AGE GROUP DEVELOPMENT 2	2nd - 7th Grade	5:00 - 6:00pm		5:00 - 6:00pm		5:00 - 5:45pm	CLINICS	12:00 - 12:45pm
AGE GROUP DEVELOPMENT 3	2nd - 7th Grade	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm	5:00 - 5:45pm	CLINICS	12:00 - 12:45pm
AGE GROUP PERFORMANCE 1	4th - 10th Grade	6:00 - 7:00pm		6:00 - 7:00pm		5:45 - 6:30pm	CLINICS	12:45 - 1:30pm
AGE GROUP PERFORMANCE 2	4th - 10th Grade	8:00 - 9:00pm	8:00 - 9:00pm	8:00 - 9:00pm	8:00 - 9:00pm	5:45 - 6:30pm	CLINICS	12:45 - 1:30pm

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc. Sunday Clinics OR Home Meets.

2023 BAC EARLY SUMMER PRACTICE SCHEDULE (Memorial Day - School End) **TENTATIVE**

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	3:30 - 6:00pm	3:30 - 6:00pm	3:30 - 6:00pm	3:30 - 6:00pm	3:30 - 6:00pm	6:00 - 8:15am	Off
JUNIOR SQUAD 1	5th - 12th Grade	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	6:00 - 7:30am	Off
JUNIOR SQUAD 2	5th - 12th Grade	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	6:00 - 7:30am	Off
AGE GROUP DEVELOPMENT 1	2nd - 7th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS
AGE GROUP DEVELOPMENT 2	2nd - 7th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS
AGE GROUP DEVELOPMENT 3	2nd - 7th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS
AGE GROUP PERFORMANCE 1	4th - 10th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS
AGE GROUP PERFORMANCE 2	4th - 10th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS

AG location TBD - maybe inside at FDU or outside with SNRS and JNRS

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc. Potentially indoor workouts at FDU for AG (4:00 - 5:00pm)

2023 BAC EARLY SUMMER PRACTICE SCHEDULE (School End - Season End) **TENTATIVE**

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	6:00 - 8:15am	6:00 - 8:15am	6:00 - 8:15am	6:00 - 8:15am	6:00 - 8:15am	6:00 - 8:15am	Off
		3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	Off	Off
JUNIOR SQUAD 1	5th - 12th Grade	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	Off
JUNIOR SQUAD 2	5th - 12th Grade	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	Off
AGE GROUP DEVELOPMENT 1-3	2nd - 7th Grade	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	Off	Off
AGE GROUP PERFORMANCE 1-2	4th - 10th Grade	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	Off	Off

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc.

TENTATIVE FEE STRUCTURE FOR FDU

SENIOR SQUAD	\$	3,600.00
JUNIOR SQUAD	\$	3,200.00
AGE GROUP SQUAD	\$	2,750.00

B2B – BRIDGE TO BAC Program pricing and dates TBD

Practice schedules are **tentative**. In early spring, the Age Group program may swim at FDU or NPCP

A final determination on the location or locations for the Summer of the Berkeley Aquatic Club swim team will be communicated once finalized

If you have questions regarding either schedule, please forward to tristanformon@gmail.com