

BDST Practice Planning Schedule 2025-2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Water training:	Water training:	Water training:	Water training:	Water training:	Water training:	Water training:
	LV2 and 3 8:00 to 9:00 pm @MW		LV 4 8:00 to 9:00 pm @MW		LV. 1 6:00-7:00p @JB shallow end	LV.3 2:30 - 3:30pm @JB
	S-Team and Age @MW 05/01 to 07/22		S-Team and Age @MW 05/01 to 07/22		Lv2 and Lv3 7:30 - 8: 30 pm @ Bothell YMCA	
				Lv2 and Lv3 7:30 - 8: 30 pm @ Bothell YMCA	LV.2 5:30-6:30pm @JB	LV. 2 and LV.1 3:30-4:30pm @JB Both of the pool
					LV.3 6:30-7:30pm @JB	
LV 2 8:00 - 9:00pm @SSC	LV 3 8:00 - 9:00pm @SSC	LV 4 8:00 - 9:00pm @SSC	LV2 8:00 - 9:00pm @SSC	LV 3 8:00 - 9:00pm @SSC	LV.4 7:30-8:30pm @JB	LV.4 and LV.1.5 4:30-5:30pm @JB Both of the pool
					S-Team 7:00-9:00pm@MW	S-Team 5:30 -7:00pm @JB
LV 3 8:00 to 9:00 pm @Sammamish YMCA	S-Team and Age 8:00 to 9:00 pm @Sammamish YMCA 09/06 to 04/30	LV 2 8:00 to 9:00 pm @Sammamish YMCA	S-Team and Age 8:00 to 9:00 pm @Sammamish YMCA 09/06 to 04/30	LV 4 8:00 to 9:00 pm @Sammamish YMCA	Age group 7:00- 8:30pm @MW	Age group 6:30- 8:00pm @MW

Location:						
Sammamish YMCA				831 228th Ave SE, Sammamish, WA 98075		
(MW) Mary Wayte Pool				8815 SE 40th St, Mercer Island, WA 98040		
(JB) Julius Boehm Pool				50 SE Clark St #2, Issaquah, WA 98027		
(SSC) Strattonwood Swim Club				7616 139th Pl NE, Redmond, WA 98052		
Bothell YMCA				11811 NE 195th St, Bothell, WA 98011		

