

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 8:00 to 9:00 pm @MW 05/01 to 07/22		LV3 and 4 8:00 to 9:00 pm @MW 05/01 to 07/22		LV. 1 6:00-7:00pm @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		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 @YMCA	S-Team and Age 8:00 to 9:00 pm @YMCA 09/06 to 04/30	LV 2 8:00 to 9:00 pm @YMCA	S-Team and Age 8:00 to 9:00 pm @YMCA 09/06 to 04/30	LV 4 8:00 to 9:00 pm @YMCA	Age group 7:00- 8:30pm @MW	Age group 6:30- 8:00pm @MW

Location:	
(YMCA) Sammamish YMCA	831 228th Ave SE, Sammamish, WA 98075
(MW) Mary Wayte Pool	8815 SE 40th St, Mercer Island, WA 98040
(SRC) Somerset Recreation Club	4445 Somerset Blvd SE, Bellevue, WA 98006
(JB) Julius Boehm Pool	50 SE Clark St #2, Issaquah, WA 98027
(SSC) Strattonwood Swim Club	7616 139th Pl NE, Redmond, WA 98052

