

WEST Summer 2021 Schedule

Published: May 7, 2021

Club Team Practices

Senior:

- Monday-Thursday
 - In Water @ 5:30am-8:00am
 - Dryland @ 1:00-2:30pm
- Friday and Saturday @ 5:30am-8:30am

Accelerate:

- Monday-Thursday
 - Dryland @ 9:30am-10am
 - In Water @ 10:00am-12:00pm
- Friday @ 10:30am-1:00pm
- Sunday @ 7:30am-10:00am

Challenge:

- Monday-Thursday
 - Dryland @ 12:30pm-1pm
 - In Water @ 1:00pm-3:00pm
- Saturday
 - Dryland @ 8am-8:30am
 - In Water @ 8:30am-10:00am

Discover:

- Monday-Thursday
 - Dryland @ 12:30pm-1pm
 - In Water @ 1:00pm-2:30pm
- Saturday
 - Dryland @ 8am-8:30am
 - In Water @ 8:30am-10:00am

Explore 2:

- Tuesday and Thursday @ 6:30pm-7:30pm
- Friday @ 7:30pm-8:30pm
- Saturday @ 2:30pm-3:30pm

Explore 1:

- Monday and Wednesday @ 6:30pm-7:30pm
- Friday @ 7:30pm-8:30pm
- Saturday @ 2:30pm-3:30pm

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Embark 2:

- Tuesday and Thursday @ 6:30pm-7:30pm
- Friday @ 6:30pm-7:30pm
- Sunday @ 2:30pm-3:30pm

Embark 1:

- Monday and Wednesday @ 6:30pm-7:30pm
- Friday @ 6:30pm-7:30pm
- Sunday @ 2:30pm-3:30pm

Summer Team Practices

Summer Team - Monday, Wednesday, and Saturday, AM

- Monday and Wednesday @ 12:00pm-1:00pm
- Saturday @ 1:00pm-1:45pm

Summer Team - Monday, Wednesday, and Saturday, PM

- Monday and Wednesday @ 7:30pm-8:30pm
- Saturday @ 1:45pm-2:30pm

Summer Team - Tuesday, Thursday, and Sunday, AM

- Tuesday and Thursday @ 12:00pm-1:00pm
- Sunday @ 1:00pm-1:45pm

Summer Team - Monday, Wednesday, and Saturday, PM

- Tuesday and Thursday @ 7:30pm-8:30pm
- Sunday @ 1:45pm-2:30pm

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Group Lessons

Weekday Lessons (Monday-Friday): 3:00pm-6:30pm

Weekend Lessons (Saturday and Sunday): 10:00am-1:00pm

Private Lessons

Monday-Friday @ 2:30pm-3pm
During ALL Lap Swim Times

Water Aerobics

Tuesday and Thursday @ 8:00am-9:00am

Lap Swim

Monday and Wednesday:
8:00am-10:00am
8:30pm-9pm

Tuesday and Thursday:
9:00am-10:00am
8:30pm-9pm

Friday:
8:30am-10:30am
8:30pm-9pm

Saturday and Sunday (*Dependent on pool rentals):
3:45pm-7:00pm