

2025 Practice Schedule

General Information:

- **Evening Practices ONLY: June 3rd – June 12th**
 - No practice on Friday, June 6th
 - No practice on Friday, June 13th
- **Morning Practice BEGINS on June 16th.** However, Evening Practices will still be offered. You may choose whether to practice in the mornings or evenings. You DO NOT need to attend both.
- **Morning Fun Friday Practice: Starts on June 20th (FRIDAYS ONLY!)**

Important Dates and Times:

- **Wednesday, May 28th**
 - New Swimmer Practice ONLY: Ages 10 and Under
 - 6:00 pm – 7:00 pm
- **Thursday, May 29th**
 - New Swimmer Practice ONLY: Ages 11 and Over
 - 6:00 pm – 7:00 pm
- **Tuesday, June 3rd to Thursday, June 12th** → EVENING PRACTICE ONLY!
 - 6:00 pm - 6:30 pm: Ages 8 and Under
 - 6:30 pm - 7:15 pm: Ages 9-12
 - 7:15 pm - 8:00 pm: Ages 13 and Over
- **Monday, June 16th to End of the Season** → MORNING OR EVENING PRACTICE!
 - Morning Practice
 - 8:30 am - 9:30 am: Ages 9 and Over
 - 9:30 am - 10 am: Ages 8 and Under
 - Evening Practice
 - 6:00 pm - 6:30 pm: Ages 8 and Under
 - 6:30 pm - 7:15 pm: Ages 9-12
 - 7:15 pm - 8:00 pm: Ages 13 and Over

Practice starts promptly at the times above. Coming to, or starting practice late, is very disruptive. We only have a few lanes available for team practice, and it is important the warm ups are all completed at the same time.

Coach Grace understands that your swimmer may have other extracurricular obligations. Your swimmer is strongly encouraged to attend as many practices as they can each week. Please communicate your swimmer's absence, either at practice or meets, to Coach Grace.

**Coach Grace's Email - valleybrookgators@gmail.com
Coach Grace's Cell Number - 4103223715**