

TEAM GREENVILLE PRACTICE SCHEDULE
at Greenville County Aquatic Complex Long Course March 30 May 23 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Blue Development (M/W only)	3:30-4:30 pm 50 M Pool		3:30-4:30 pm 50 M Pool			
Blue Development (T/TH only)		3:30-4:30 pm 50 M Pool		3:30-4:30 pm 50 M Pool		
Blue Development Friday Option					4:30-5:45 pm 4:30-5:00 DL	
Blue	3:30-4:45 pm	4:45- 6:00pm Therapy Pool 4:45-5:15 DL	3:30-4:45 pm			
Blue Friday Option					4:30-5:45 pm 4:30-5:00 DL	
Blue High Performance	4:30-6:00 pm	4:30-5:30 pm 4:00-4:30 DL	4:30-6:00 pm	4:30-5:30 pm 4:00-4:30 DL		
Blue High Performance Friday Option					4:30-5:45 pm 4:30-5:00 DL	
Green Development	6:00-7:15 pm	4:00-5:15 pm Therapy Pool	6:00-7:15 pm	4:00-5:15 pm		
Green	4:45-6:00 pm	6:00-7:30 pm	4:45-6:00 pm	5:15-6:45 pm	4:30-6:30 pm	
Green High	6:00-7:15 pm 5:30-6:00 DL	5:30-7:00 pm	6:00-7:15 pm 5:30-6:00 DL	5:30-7:00 pm	4:30-6:30 pm	7:00-9:00 am
Senior Development 1	6:30-8:00 pm	6:30-7:00 pm DL 7:00-8:00	6:30-8:00 pm	6:30-7:00 pm DL 7:00-8:00 pm	4:30-6:30 pm	9:00-10:30 am
Senior Development 2	6:30-7:45 pm	4:30-5:45 pm	6:30-7:45 pm	5:15- 6:30 pm		9:00-10:15 am
Junior	6:30-8:00 pm	6:30-7:00 pm DL 7:00-8:00	6:30-8:00 pm	5:45-7:15 pm	4:30-6:30 pm	9:00-10:30 am
Junior High Performance	4:30-6:30 pm	5:45-8:00 pm 5:45-6:30 DL	4:30-6:30 pm	5:45-8:00 pm 5:45-6:30 DL	4:30-6:30 pm	7:00-9:00 am
Senior	6:30-8:00 pm	4:30-6:30 pm	6:30-8:00 pm	4:30-6:30 pm	4:30-6:30 pm	9:00-11:00 am
Senior High Performance	4:30-7:00 pm 6:30-7:00 DL	5:30-7:00 am 5:30-6:15 am DL 4:30-7:00 pm	4:30-7:00 pm 4:30-5:15 DL	5:30-7:00 am 5:30-6:15 am DL 4:30-7:00 pm	4:30-6:30 pm	7:00-10:00 am 7:00-7:30 DL

DL=Dryland. Swimmers should be prepared with shorts, tennis shoes, and water bottles **Swimmers in Blue Performance and Green that have achieved two 11-12 SC State Cuts are invited to attend Green High Performance on Saturdays from 7:00-9:00 am.