

## Spring Schedule 2024 - Starting March 11<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lightning</b> (Required 6 practice per week)	5:30 – 7:15 AM 4:15 – 6:00 PM	5:30 – 7:15 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:15 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	6:00 – 8:00 AM
<b>Senior 1</b> (Recommended 4 -5 practice per week)	5:30 – 7:00 AM 4:15 – 6:00 PM	5:30 – 7:00 AM OR 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM OR 4:15 – 6:00 PM	4:15 – 6:00 PM	6:00 – 8:00 AM
<b>Senior 2</b> (Recommended 4 -5 practice per week)	5:30 – 7:00 AM OR 4:15 – 6:00 PM	4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM OR 4:15 – 6:00 PM	4:15 – 6:00 PM	6:00 – 8:00 AM
<b>Pre – Senior</b> (Recommended 2-4 practice per week)	4:30 – 6:00 PM	OFF	4:30 – 6:00 PM	4:30– 6:00 PM	4:30 – 6:00 PM	Additional Saturday Clinics to be announced
<b>Firebolts 1</b> (Recommended 4 -5 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	Additional Saturday Clinics to be announced
<b>Firebolts 2</b> (Recommended 3-4 practice per week)	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	Additional Saturday Clinics to be announced
<b>Firebolts 3</b> (Recommended 2-4 practice per week)	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	Additional Saturday Clinics to be announced
<b>Sparks 1</b> (Recommended 2-4 practice per week)	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
<b>Sparks 2</b> (Recommended 2-3 practice per week)	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF

- Please reach out to coach Phoebe if you are new or are unsure which practice group your swimmer is in.
- In order to manage group size please attend the scheduled practices for your group.
- Don't hesitate to contact us with questions or concerns. Our number one goal is to provide a safe environment for each swimmer to progress and achieve their goals. ~ Coach Phoebe [voltageaquatics@gmail.com](mailto:voltageaquatics@gmail.com)