

Summer Schedule: June 3rd – August 2nd

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lightning (Required 6 practice per week)	5:30 – 7:30 AM 4:15 – 6:00 PM	Dryland 6:30 – 7:30 AM (location TBA) 4:15 – 6:00 PM	5:30 – 7:30 AM Alive After Five 3:30 – 7:30	Dryland 6:30 – 7:30 AM (location TBA) 4:15 – 6:00 PM	5:30 – 7:30 AM 4:15 – 6:00 PM	6:00 – 8:00 AM
Senior 1 (Recommended 4 -5 practice per week)	5:30 – 7:30 AM 4:15 – 6:00 PM	Dryland 6:30 – 7:30 AM (location TBA) 4:15 – 6:00 PM	5:30 – 7:30 AM Alive After Five 3:30 – 7:30	Dryland 6:30 – 7:30 AM (location TBA) 4:15 – 6:00 PM	5:30 – 7:30 AM OR 4:15 – 6:00 PM	6:00 – 8:00 AM
Senior 2 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM OR 4:15 – 6:00 PM	Dryland 6:30 – 7:30 AM (location TBA) 4:15 – 6:00 PM	5:30 – 7:30 AM Alive After Five 3:30 – 7:30	Dryland 6:30 – 7:30 AM (location TBA) 4:15 – 6:00 PM	4:15 – 6:00 PM	6:00 – 8:00 AM
Pre – Senior (Recommended 2-4 practice per week)	4:30 – 6:00 PM	Dryland 6:30 – 7:30 AM (location TBA) 3:30 – 4:45 PM	6:30 – 7:30 AM Alive After Five 3:30 – 7:30	Dryland 6:30 – 7:30 AM (location TBA) 3:30 – 4:45 PM	4:30 – 6:00 PM	Additional Saturday Clinics to be announced
Firebolts 1 (Recommended 4 -5 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	3:00 – 3:25 Dryland 3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	6:30 – 8:00 AM
Firebolts 2 (Recommended 3-4 practice per week)	3:30 – 4:45PM	3:30 – 4:45PM	3:00 – 3:25 Dryland 3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	Additional Saturday Clinics to be announced
Firebolts 3 (Max 4 a week)	3:30 – 4:30 PM	3:30 – 4:30 PM	3:00 – 3:25 Dryland 3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	Additional Saturday Clinics to be announced
Sparks 1 (max 4 a week)	3:30 – 4:30 PM	3:30 – 4:30 PM	3:00 – 3:25 Dryland 3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
Sparks 2 (Max 3 a week)	3:30 – 4:30 PM	OFF	3:00 – 3:25 Dryland 3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF

- Schedule will run June 3rd – August 2nd (The team takes the rest of August off - NO August fees will be billed)
- Dry – Land = Strength, Coordination, Agility, Power, and Body Awareness (swimmers should wear appropriate shoes and clothes)
- 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