

Marlins 2019-2020 SCY Practice Schedule

Mountain View Aquatic Center

Please come at your selected **days** and **times** per week. Please be early so you can start on time (be early by 10 minutes). We will start each session on time and end on time. Please participate in the number of per-week practice sessions allowable at your achieved level. **How to use this schedule:** *Note the level of your swimmer. Note the duration and number of practices allowed per week for that level. Choose days and times to make a schedule for your swimmer. Please avoid breaking into practice at unscheduled times.*

Senior Levels: **High Performance** 11x/WK

Monday—Friday am 5:30am-7:00am

Monday--Friday pm 4:15pm-6:15pm

Saturday am 8:00am-10:00am

National 10x/WK

Giant 8x/WK

Junior Levels: **Junior 1** 6x/WK

Monday--Friday am 5:30am-7:00am

Monday--Friday pm 3:00pm-4:30pm

4:30pm-6:00pm

5:00pm-***6:45pm**

Saturday-- 10:00am -11:30am

Junior 2 5x/WK

Developmental Levels:

Dev. 1 Monday--*Friday 3:00pm-4:15pm

4:15pm-5:30pm

5:30pm--***6:45pm**

75min **Dev. 1** practices 4x75min/ WK

Dev. 2 Monday--*Friday 3:00pm-4:00pm

4:15pm-5:15pm

5:45pm---***6:45pm**

60min **Dev. 2** practices 3x60min/ WK

Dev. 3 Monday—*Friday 3:00pm-3:45pm

3:45pm-4:30pm

4:15pm-5:00pm

5:45pm---***6:30pm**

45min **Dev. 3** practices 2x45min/ WK

All Dev. Groups Sat-- 10:00am-11:30am

***Friday evening is the exception; all practices will end by 6:15pm on Fridays**

Discovery Levels: **Discovery 1** 3x45min/ WK

Monday--Thursday 3:00pm-3:45pm

3:45pm-4:30pm

6:00pm-6:45pm

Saturday-- 10:00am-10:45am

10:45am-11:30am

Discovery 2 2x45min/ WK

45min

45min

45min

45min

45min

Discovery 3 1x45min/ WK