

Below you will find the practice times for all training our groups, as of 8/22/2022.

Schedule subject to change, please check with your coaches.

Practice Schedule (As of 8/22/22):

Dolphins Group/Manta Rays- Lev 1 & 2

Swim Practice

- Monday, Tuesday, Wednesday, Thursday, Friday: 4:15pm-5:15pm

Dryland Practice

- No Drylands. To be determined at a future date.

Great White Sharks Group- Lev 3

Swim Practice

- PM Practices: Monday thru Friday: 4:30pm - 6:00pm
- Am Practice: Saturday 6:30am-8am

Dryland Practice

- Monday and Wednesday: 6pm - 6:45pm

Blue Whales Group- Lev 4-5

AM Practices

Fall and Spring AM Practices-

- Tuesday, Thursday: 5:00 am - 6:30 am @ WV Pool
- Saturday: 6:30am-8:30am @ WV Pool

PM Practices (Stays the same year round)

- Monday thru Friday: 5:30pm - 7:30pm

Dryland Practices (Stays the same year round)

- Monday and Wednesdays: 4:30pm - 5:15pm