

## 2024 - 2025 Dolphin Club Practice Schedule - September 3, 2024 - May 31, 2025

	SUN	MON	TUE	WED	THU	FRI	SAT
Level 1 Dolphin Group	2:45-3:45pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
Level 2 Wahoo Group	3:45-5:00pm	5:00-6:15pm	5:00-6:15pm	5:00-6:15pm	5:00-6:15pm		
Level 3 Marlin Group	5:00-6:30pm	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		
Level 4 Sailfish Group	5:00-7:00pm	6:15-8:00pm	6:15-8:00pm	6:15-8:00pm	6:15-8:00pm		

**DC & RVDC June 1 - July 27, 2025 To Be Determined Based on Numbers for DC and RVDC**

	SUN	MON	TUE	WED	THU	FRI	SAT
Level 1							
Level 2							
Level 3							

**GRAL Meet Dates: 6/, 6/, 6/, 6/, 7/, 7/ on Tuesday's & Wednesday's**

**GRAL CHAMPIONSHIP Dates: July ?th & ?st at CSAC, 5050 Ridgedale Pkwy, Richmond, VA**

**NO PM PRACTICE ON MEET DAYS for RVDC SWIMMERS / AM practices by invitation only**

**Last Practice for RVDC is July ?th if your athlete does not qualify for GRAL Championships**