

Phoenix Swimming Long Course Practice Schedule

By Day:

Practice Schedule May 1st -May 25th

Monday:

5:15-8:00pm JR (dryland 5:15-6:15pm)
6:15-7:15pm Novice
6:15-7:45pm AG
7:30-9:30pm SR

Tuesday:

5:00-7:15pm AG (dryland
5:00-5:45pm)
5:45-7:30pm JR
6:00-9:00pm SR (dryland
6:00-7:00pm)

Wednesday:

5:15-8:00pm JR (dryland 5:15-6:15pm)
6:15-7:15pm Novice
6:15-7:45pm AG
7:30-9:30pm SR

Thursday:

4:30-6:45pm AG (dryland
4:30-5:15pm)
5:15-7:00pm JR
5:30-8:30pm SR (dryland
5:30-6:30pm)

Friday:

5:15-6:30pm Novice
5:15-7:30pm SR

Saturday:

5:45-9:15am JR/ SR (dryland
8:15-9:15am)

Sunday:

2:45-5:00pm AG/ JR at LBGC
4:45-8:00pm SR (dryland
4:45-5:45pm)

****LBGC= Lawrence Boys and Girls Club**

All other practices are at the Cedarland Aquatic Center

Practice Schedule May 26th -June 25th

Monday:

4:15-5:15pm Novice
4:15-5:45pm AG
4:15-7:15pm JR (dryland 6:15-7:15pm)
5:30-8:00pm SR

Tuesday:

4:15-6:00pm JR
4:15-6:45pm AG (dryland
6:00-6:45pm)
4:30-7:45pm SR (dryland
4:30-5:30pm)

Wednesday:

4:15-5:15pm Novice
4:15-5:45pm AG
4:15-6:00pm JR (dryland 6:15-7:15pm)
5:30-8:00pm SR

Thursday:

4:15-6:00pm JR
4:15-6:45pm AG (dryland
6:00-6:45pm)
4:30-7:45pm SR (dryland
4:30-5:30pm)

Friday:

4:15-5:30pm Novice
4:15-5:45pm AG
4:15-6:30pm JR
5:30-8:00pm SR

Saturday:

6:45-10:15am JR/ SR (dryland
9:15-10:15am)

****Depending on the temp of the pool at the main club, we do have access to start training long course on the weekends starting Saturday June 11th. Plan on having Saturday practices at the Cedarland Aquatic Center unless notified via email. ****

Practice Schedule June 26th -Aug 13th

Monday:

5:00-8:00pm AG (dryland 5:00-5:45pm)
5:45-6:45pm Novice
6:45-9:30pm JR (dryland 6:45-7:45pm)
LC
6:45-10:00pm SR (dryland
6:45-7:45pm) LC

Tuesday:

4:45-7:45pm JR (dryland 4:45-5:45pm)
4:45-8:00pm SR (dryland
4:45-5:45pm)
7:45-9:15pm AG LC

Wednesday:

5:45-8:00am JR/ SR LC
6:45-9:15pm AG (dryland
6:45-7:45pm) LC
6:45-9:30pm SR (dryland
6:45-7:45pm) LC

Thursday:

5:00-7:30pm AG (dryland
5:00-5:45pm)
5:45-7:00pm Novice
7:30-9:30pm JR (Core/ Stroke specific training 7:30-7:50pm) LC
7:30-10:00pm SR (Core/ Stroke specific training 7:30-7:50pm) LC

Friday:

5:45-8:00pm JR/SR

Saturday:

6:15-8:00am AG LC
6:45-8:00am Novice LC
7:45-11:15am JR/ SR (dryland
10:15-11:15am)

****LC= Long Course Training at the Main Club**

All other practices are at the Cedarland Aquatic Center