

Aberdeen Swim Club – Summer 2015 Practice Schedule

April 20-May 22 - Indoor practice schedule

Practice will be held at the Barnett Center. Swimmers will practice at the same practice time as the 2014-2015 winter season unless notified by coach Elyce.

Group I (Levels I, II, & III)

Monday-Thursday 4:15-5:30- level I is often done swimming at 5:15pm.

Friday 5:30-6:30pm

Group II (Levels IV, V, & VI)

Monday & Wednesday - 5:30-7:15pm

Tuesday & Thursday - 5:30-7:30pm

Friday - 4:00-5:30pm

Swimmers need to bring tennis shoes and shorts to every practice

Tuesday & Thursday includes dryland training

May 26 -Outdoor practice schedule begins-(see assigned practice schedule)

Practices will be held at the outdoor aquatic center for levels I-VI. Tuesday & Thursday level I & II practice is at the Barnett Center as noted below. In case of inclement weather (thunder and/or lightning) practice will be held at the Barnett Center.

Level I & II

Monday, Wednesday & Friday - 11:30am-1:00pm

Tuesday & Thursday - 10:15-11:15am – Barnett Center pool

Level III

Monday-Friday - 11:30am-1:00pm

Level IV & V

Monday, Tuesday, Thursday, & Friday - 7:15-9:00am

Wednesday – 6:45-9:00am

Monday-Friday – 11:30am-1:00pm

Bring tennis shoes, short or sweats to each morning practice

Level V & VI

Monday-Friday 6:45-9:00am

Monday – Friday 11:30am-1:00pm

Bring tennis shoes, short or sweats to each morning practice

Levels IV-VI – we hold an optional run practice Tuesday & Thursday mornings 6:00am. Start and end at the outdoor aquatic center.

Final practice dates – July 17, July 23, or and of July early August (depending on final competition – B Champ, State Champ, zones, Futures, Jr. Nat, Nat.)

No Practice dates – May 25 – Memorial Day, June 5 – Swim Camp,

July 4 – optional open water swim (levels IV-VI) held at Wylie Lake. More information to come.

See Summer practice level assignments