

Summer 2018

Starting June 11th, we begin to follow the summer practice schedule.

NORTH PARK

(unless otherwise stated)

SENIOR GROUPS

Monday thru Thursday~ 7:15- 10a (come prepared for dry land)

Friday~ 7:45- 10a (no dry land)

Monday, Wednesday, Thursday~ 5- 7p

swimmers in SR3, are required to make 2 doubles weekly

swimmers in SR2, are required to make doubles on Wednesdays

** swimmers in SR1, Monday- Friday mornings only**

Saturday~ 7:30- 10:30a at Pine Richland High School Pool

JUNIOR GROUP

Monday thru Thursday~ 7:15 am- 10 am (come prepared for dry land)

Friday~ 7:45 am- 10 am (no dry land)

Monday thru Thursday~ 5:30pm- 7 pm

swimmers required to make 1 double practice a week

Saturdays~ 10:15- 12:30a at Pine Richland High School Pool

For morning practice, you must enter and exit the pool from the side gate, which is opened at 8am. PRA hits the water at 8:03a! **You are expected to be in your suit when you get to the facility. Although we have restroom areas available, those that feel it necessary to take daily breaks 'just because', are asked not to! Our pool time is limited to 1hr and 50mins; it takes 2-3mins to walk up and back. Add that time with the time you are in there, you are missing 10+ minutes of practice each day.

Everyone MUST be off the pool deck after morning practice by 10:05 am.**

Weather Issues~ There is always the possibility of storms. An email and/or text will be sent if the pool closes in the afternoon; the website will also be updated.

Please be aware that practices could be moved to the High School should this occur (especially morning practices).

Senior & Junior Groups~ If you have your own equipment, make sure to bring it with you to each practice as we do not bring the schools equipment. Sneakers are required as well as a filled water bottles. **NO** deck changing.

PARENTS: Please be on time to pick up your swimmer(s) after each practice; no later than 10:15a. You will be notified immediately by text messaging and email as well as posted on our web site should practice be cancelled.

There is no additional charge to practice at North Park in the mornings. However, there is an additional cost for evening practices that is payable through the front gate.

North Park does offer passes as an option,

<http://www.county.allegheny.pa.us/parks/activities/water-sports/pool-passes.aspx>

PINE RICHLAND HIGH SCHOOL POOL

JUNIOR GROUP~ 12 years and under ONLY

Monday thru Saturday~ 10:15- 12:30p

DEVELOPMENTAL GROUP~ no more than 4 days a week

Monday thru Saturday~ 10:15- 11:45a

NOVICE~ no more than 3 or 4 days a week

Monday thru Saturday 10:15- 11:15a

MINI~ no more than 3 days a week

Monday, Wednesday, Friday and/or Saturday

Group 1~ 10:15-11:15a

****Special Notation:** Younger swimmers of siblings in the senior and junior groups, may attend North Park in the mornings.

Any swimmer(s) in novice or developmental, may attend North Park in the evenings on

Monday thru Thursday at 5:30p

(you must pay at the front gate or obtain a pool pass).