Long Course 2018 Albany Starfish- Ravena Practice Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-competitive	No Practice	No Practice	No Practice	No Practice	6-7pm	10-11am	No Practice
Age Group 1	No Practice	No Practice	6-7pm(Swim)	No Practice	6-7pm	10-11:30am	No Practice
Age Group 2	6:00-8:00pm	No Practice	6-7:30pm(Swim) Dry-land 7-7:30	No Practice	6-8pm	10-12pm	10-12 @ *Beth TP
Age Group 3	6:00-8:00pm	5-7pm	6-8:00pm(Swim) Dry-land 7-8pm	5-7pm	6-8pm	8-10:00am	10-12 @ *Beth TP
Senior I	6:30-8:00pm @Siena*	5-7pm Dry/St. 4:45-5*	6-8pm Dry-land 6-7pm	5-7pm Dry/St. 4:45-5*	6:30-8:30pm @Siena *	8-10am Dry/St. 8-8:15	10-12 @ *Beth TP
Senior II	6:30-8:30pm @Siena*	5-7pm Dry/St. 4:45-5*	6-8:30pm Dry-land 6-7pm	5-7pm Dry/St. 4:45-5*	6:30-8:30pm @Siena*	8-10:30am Dry/St. 8-8:15	10-12 @ *Beth TP
Senior III	6:30-8:30pm @Siena*	5-7pm Dry/St. 4:45-5*	6-9:00pm Dry-land 6-7pm	5-7pm Dry/St. 4:45-5*	6:30-8:30pm @Siena*	8-11am Dry/St. 8-8:15	10-12 @ *Beth TP

Important Websites/Emails:

www.starfishswimclub.org www.adirondackswimming.org

Co-Head Coach- Joshua Wolin coachjosh@starfishswimclub.org Co- Head Coach Dan Tanski coachdan@starfishswimclub.org

***Dry/St.= Optional but recommended 15 minutes of Dryland and Stretching prior to the start of practice**

***-Sunday Practices will not begin until June 2018**

***- Please note Siena Pool Hours will change to 5-7 towards the end of May. Notice will be provided.**