

## Jets 2020-2021 Fall/Winter Schedule.

During the current limitations due to COVID pandemic and decreased lane space, we are blessed to have the amount of lane space and time that St. Bernard provides to us. The schedule below is intended to be followed as listed. All swim training sessions take place at St. Bernard Health & Wellness. Dryland workouts take place at City Pool/Rec Center. If there is a question(s) regarding scheduling, communicate directly with Jets Staff as they have the most familiarity with the schedule and are up-to-date on information pertaining to the schedule.

Training Group	Fall/Winter Training Schedule
<b>Fun &amp; Fitness</b> Entry level group for children new to swimming and/or young swimmers not ready for structured workouts. Competitive strokes are taught in this group. Must swim one length of pool unassisted.	M/W/Th 4:15-5:00 PM
<b>Age Group 2</b> Practices are more structured than F&F, but focus remains on fun, fitness. Technique work and continued development of the four competitive strokes. Ages 6-12.	M/W/Th 4:00-5:00 PM
<b>Age Group 1 Fitness</b> Focus is fitness and stroke development. These athletes also learn how to interval train to further prepare for competition. Ages 7-13.	W/F 5:00-6:00 PM Sa/Su 1:30-3:00 PM  Dryland: Tu 5:30-6:15 PM
<b>Age Group 1 Performance</b> Focus is fitness and stroke development. These athletes know interval training and can handle some of the rigors of Age Group Elite, but are not ready or able to do the required sets to be placed on Age Group Elite. These swimmers working toward state level championships or have some state level times. Ages 7-13. Swim sessions at SBHW; Afternoon Dryland at City Pool/Rec Center.	W/F 4:45-6:15 PM Th 5:30-6:30 AM Sa/Su 1:30-3:00 PM  Dryland: Tu 5:30-6:15 PM
<b>Age Group Elite</b> Practice hours are more, expectation of athletes is higher. Some meet participation is required. There are defined sets to be placed on this training group and the expectation is to be present at practices. Majority of these swimmers are top swimmers for their age(s) in the state and/or region. Ages 8-14. Swim sessions at SBHW; Afternoon Dryland at City Pool/Rec Center.	Tu/Th/F 5:00-6:30 AM Sa/Su 1:30-3:35 PM^  Dryland: Tu/W/F 4:30-5:30 PM
<b>Senior 2</b> Designed for high school swimmers who want to swim for fitness and swimmers that focus mostly high school sports. Minimum age is 14. Swim sessions at SBHW.	W/F 5:00-6:00 PM Sa/Su 1:30-2:30 PM
<b>Senior 1</b> There are specific objectives in this group which prepare athletes for higher level training. Majority of these swimmers are state level competitors or higher. Minimum age is 14. Swim sessions at SBHW; Afternoon Dryland at City Pool/Rec Center.	Tu/Th/F 5:00-6:30 AM Sa/Su 1:30-3:35 PM^  Dryland: Tu/W/F 4:30-5:30 PM
<b>Senior Elite</b> There are specific objectives in this group which prepare athletes for higher level training. Swimmers are sectional/regional championship level or higher. Minimum age is 14. Swim sessions at SBHW; Afternoon Dryland at City Pool/Rec Center.	Tu/Th/F 5:00-6:30 AM Sa/Su 1:30-3:35 PM^  Dryland: Tu/W/F 4:30-5:30 PM Additional training as assigned.

\*\*Home School/Virtual School practices are 1:30-2:30 M/Th and prior approval is needed in order to attend. Email [vpm.moore@gmail.com](mailto:vpm.moore@gmail.com) for more information.