



2022-2023 SEASON – VKSC SWIM SCHEDULE

SEP 2022

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tier 1	AM		5:15 Activation 5:30-7:30 Swim	5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland		5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland	6:15 Activation 6:30-8:30 Swim 8:45-9:30 Dryland	Off
	PM	4:45 Activation 5:00-7:00 Swim		4:45 Activation 5:00-7:00 Swim	<i>HP only</i> 5:30 Activation 5:45-7:00 Swim	4:45 Activation 5:00-7:00 Swim		
Tier 1A	AM		5:15 Activation 5:30-7:00 Swim			5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland	6:15 Activation 6:30-8:30 Swim 8:45-9:30 Dryland	Off
	PM	4:45 Activation 5:00-7:00 Swim		4:45 Activation 5:00-6:30 Swim C		4:45 Activation 5:00-7:00 Swim		
Tier 2	AM		5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland		5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland		6:15 Activation 6:30-8:30 Swim 8:45-9:30 Dryland	Off
	PM		5:30 Activation 5:45-7:00 Swim	4:45 Activation 5:00-6:00 Swim	5:30 Activation 5:45-7:00 Swim	4:45 Activation 5:00-6:30 Swim		
Tier 3	AM		5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland				6:15 Activation 6:30-8:30 Swim	Off
	PM	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim		
Tier 4	AM						8:15 Activation 8:30-9:30 Swim	Off
	PM	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim		
Tier 6 <small>Mon/Wed/Sat or Tues/Thurs/Sat</small>	AM						ALL TIER 6 8:15 Activation 8:30-9:30 Swim	Off
	PM	5:45 Activation M/W 6:00-7:00	5:45 Activation T/T 6:00-7:00	5:45 Activation M/W 6:00-7:00	5:45 Activation T/T 6:00-7:00			
GRASSROOTS			Tuesday PM		Thursday PM			Off
GR1	#1 (45min)		4:45 Activation		4:45 Activation			
			5:00-5:30		5:00-5:30			
GR2	#2 (1hr)		4:45 Activation		4:45 Activation			
			5:00-5:45		5:00-5:45			

Tier 1, HP = high performance (coach invite only)