

**ROCKY MOUNTAIN
RAPIDS
SWIM TEAM**

2021-2022 School Year Practice Schedule *

The Rapids have three distinct training schedules based on access to the Liberty High School pool during various times of the year. We share the facilities with several School District 20 programs who take priority over our schedule. Please note that the times and practice sites may vary during school vacations and holidays. Also, practice is always cancelled if ASD20 is closed due to inclement weather.

August 30-Sept 24 (sharing with Timberview MS Team)

Class 1	M, W, & F	6:30-7:30 pm (dryland 6:30-6:45)
Class 2 (old 2b)	M	5:30-7:00pm (dryland 5:30-6:00)
	Tu & Th	6:00-7:30pm (dryland 6:00-6:30)
	W & F	6:00-7:00pm
Class 3 (old 2a)	M, Tu & Th	6:00-7:45pm (dryland 6:00-6:30)
	W & F	6:30-7:45pm
Class 4 (old 3) & SR	M-F	4:00-6:30pm (Dryland 4:00-4:45)

Sept 25-Oct 31

Class 1	M, W, & F	5:45-6:45 pm (dryland 5:45-6:00)
Class 2 (old 2b)	M, Tu & Th	5:30-7:00pm (dryland 5:30-6:00)
	W & F	6:00-7:00pm
Class 3 (old 2a)	M	6:00-7:45 (dryland 6:00-6:30pm)
	Tu & Th	5:30-7:15pm (dryland 5:30-6:00)
	W & F	6:00-7:15pm
Class 4 (old 3) & SR	M-F	3:30-6:00pm (Dryland 3:30-4:00)

Nov 1- May 15 (sharing with Liberty and DCC High School Swim Teams)

Class 1	M, W, & F	6:45-7:45 pm (dryland 6:45-7:00)
Class 2 (old 2b)	M	6:30-7:45pm (dryland 6:30-7:00)
	Tu & Th	6:30-8:00pm (dryland 6:30-7:00)
	W & F	7:00-8:00PM
Class 3 (old 2a)	M	7:00-8:45(dryland 7:00-7:45)
	Tu & Th	6:30-8:15pm (dryland 5:30-6:00)
	W & F	7:45-9:00pm
Class 4 (old 3) & SR	M, Tu & Th	7:00-9:15pm (Dryland 7:00-7:45)
	W & F	7:00-9:00pm (Dryland 7:00-7:45)

*Schedule subject to changed based on pool access. Coaches may add additional practices if they are deemed necessary.