

Gulliver Raiders Swim Club

Holiday Practice Schedule

December 20, 2021 - December 31, 2021

Important Information:

Saturday, December 18th is the normal Saturday practice schedule.

Sunday, December 19th: All groups are off

Monday, January 3rd: Return to Winter and Spring Schedule

The holiday training break is the best opportunity to take your swimming to the next level. This training period sets the aerobic tone for the year. It is really important if you are out of town that you ask to join a local swim club or ask your coach for workouts. The following schedule is the practices that are offered over the break. As a team goal, we encourage everyone from each group to attend every practice. We have had an incredible fall season so let's keep up the great work over the holidays!

Senior Group:

Nine (9) practices per week.

Week 1: Monday, December 20th - Friday, December 24th

Mornings: Monday - Friday 7:00 AM - 10:30 AM (Swim & Dryland)

Afternoons: Monday - Thursday 3:30 PM - 5:30 PM (Swim only)

No Practice: Saturday, December 25th - Sunday, December 26th

Week 2: Monday, December 27th - Friday, December 31st

Mornings: Monday - Friday 7:00 AM - 10:30 AM (Swim & Dryland)

Afternoons: Monday - Thursday 3:30 PM - 5:30 PM (Swim only)

No Practice on Saturday, January 1st - Sunday, January 2nd

Senior Prep:

Seven (7) practices per week.

Week 1: Monday, December 20th - Friday, December 24th

Mornings: Monday - Friday 7:30 AM - 10:30 AM (Swim & Dryland)

Afternoons: Monday and Wednesday 3:30 PM - 5:30 PM (Swim only)

No Practice on Saturday, December 25th and Sunday, December 26th

Week 2: Monday, December 27th - Friday, December 31st

Mornings: Monday - Friday 7:30 - 10:30 AM (Swim & Dryland)

Afternoons: Monday and Wednesday 3:30 - 5:30 PM (Swim only)

No Practice on Saturday, January 1st and Sunday, January 2nd

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Gold:

Five (5) practices per week.

Week 1: Monday, December 20th - Friday, December 24th

Afternoons: Monday and Thursday 5:00 PM - 7:00 PM (Swim & Dryland)

Morning: Friday 8:30 AM - 10:30 AM (Swim & Dryland)

No Practice on Saturday, December 25th and Sunday, December 26th

Week 2: Monday, December 27th - Friday, December 31st

Afternoons: Monday and Thursday 5:00 PM - 7:00 PM (Swim & Dryland)

Morning: Friday 8:30 AM - 10:30 AM (Swim & Dryland)

No Practice on Saturday, December 25th and Sunday, December 26th

Silver and Bronze:

Five (5) practices per week.

Week 1: Monday, December 20th - Friday, December 24th

Afternoons: Monday and Thursday 5:30 PM - 7:00 PM (Swim & Dryland)

Morning: Friday 9:00 AM - 11:00 AM (Swim & Dryland)

No Practice on Saturday, December 25th and Sunday, December 26th

Week 2: Monday, December 27th - Friday, December 31st

Afternoons: Monday and Thursday 5:30 PM - 7:00 PM (Swim & Dryland)

Morning: Friday 9:00 AM - 11:00 AM (Swim & Dryland)

No Practice on Saturday, December 25th and Sunday, December 26th