



South Lake Aquatic Club

School Year 2020-2021 Practice Schedule



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	OFF
Silver	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	OFF
Gold	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	OFF
Senior 1	3:00pm-5:00pm	3:00pm-5:00pm	3:00pm-5:00pm	3:00pm-5:00pm	3:00pm-5:00pm	7:00am-9:00am
Senior	3:00pm-5:30pm	3:00pm-5:30pm	3:00pm-5:30pm	3:00pm-5:30pm	3:00pm-5:30pm	7:00am-9:00am

Beginning Monday, August 10th, 2021. Ending Friday, May 28th, 2021.

Swimmers must still follow all social distancing guidelines. Swimmers in the senior groups, and potentially gold group, may occasionally need to swim up to 3-4 swimmers per lane. In those cases they should follow the diagram linked below.

[Diagram for 4 swimmers per lane.](#)

No showers or towels will be available for use at the NTC.

Swimmers must enter and exit facility promptly and must follow posted procedures.

Swimmers must use their own practice equipment. No community kickboards, pull buoys, or other equipment will be available.

No storage of swim bags and equipment will be available. Swimmers must take equipment home each day.

No lost and found items will be kept so swimmers need to be certain they have all of their equipment with them at the end of each session.