

May Long Course Practice Schedule

****Weekday morning workouts are Tuesday through Friday from 5:15-6:45am @ Hometown Heroes Pool for National, Pre-National, Senior, and Gold groups only.****

Mondays & Wednesdays

TFC Outdoor Pool

4-4:45p Developmental

4:45-5:45p Competitive Prep

6-7:15p Blue

Clear Falls High School

5-6p White

6-7:30p Gold

Walker Street Pool

4-6p National & Pre-National

5-6:30p Senior

6:15-7:30p Silver & Bronze

Tuesdays & Thursdays

TFC Outdoor Pool

4-4:45p Developmental

4:45-5:45p Competitive Prep

Clear Falls High School

5:15-6:15p Bronze

6:15-7:30p Silver

Walker Street Pool

4-6p National & Pre-National

5-6:30p Senior

6-7:30p Gold

6:15-7:30p Blue & White

Saturday Mornings

Hometown Heroes

7:30-9:30a National, Pre-National, & Senior

9-10:45a Gold

9:15-10:45a Silver & Bronze

9:30-10:45a Blue & White

10:15-11a Developmental & Competitive Prep.