



Sails 2022-2023 Short Course Practice Schedule

(Practice times may be adjusted based on group sizes)

Clear Falls High School (Mon-Fri)

5-6pm – White Group

5:15-6:15pm – Bronze Group

6-7:30pm – Gold Group

6:15-7:30pm – Silver Group

Clear Creek High School (Mon-Fri)

6-7:30pm – Senior Group

6:30-7:30pm – High School Group

TFC Indoor Pool (Mon-Fri)

4-4:45p – Developmental

4:45-5:45p – Competitive Prep

TFC Outdoor Pool (Mon-Fri)

3:30-5:30pm – National & Pre-National Groups

5:45-7pm – Blue Group

6-7am – Gold & Senior Groups (Tuesday & Thursday Only)

Saturday AM Practices

TFC Outdoor Pool

8:15-10am – National, Pre-National & Senior groups

10-11:30am – Gold & Silver groups