

Westfield Aquatics Practice Schedule Long Course 2021

Westfield High School Aquatic Center

Practice Schedule June 3 (end of school year) to end of block 6 or July 30

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	6:00-8:00 am 3:30-5:00 swim	12:30-1:30 dry (WHS) 1:30-3:30 pm	6:00-8:00 am 3:30-5:00 swim	12:30-1:30 dry (WHS) 1:30-3:30 pm	6:00-8:00 am 3:30-5:00 swim	7:00-10:00 am swim and dry
Age Group Elite	3:00-4:00 dry 4:00-5:30 swim	3:30-5:30 pm	3:00-4:00 dry 4:00-5:30 swim	3:30-5:30 pm	3:00-4:00 dry 4:00-5:30 swim	7:00-9:00 swim 9-10 dry
Age Group 1	5:00-5:30 dry 5:30-6:45 swim	3:30-5:00 pm	5:00-5:30 dry 5:30-6:45 swim	3:30-5:00 pm	5:00-5:30 dry 5:30-6:45 swim	9:00-10:30 am sw
Age Group 2	5:30-6:30 swim	5:00-6:00 pm	5:30-6:30 swim	5:00-6:00pm	off	10:00-11:00 am
Developmental	5:30-6:15 swim	5:00-5:45 pm	5:30-6:15 swim	5:00-5:45 pm	off	off
Club Development	6:30-7:00		6:30-7:00			
Diving	6:00-8:00 pm		6:00-8:00 pm			9:00-11:00 am
Masters		5:45-7:15am		5:45-7:15am		
Cross country (3 deep)			6:00-7:00 pm (3 lanes)			