

SOLON STARS SWIM CLUB

**LC Practice Schedule 2020**

Group	Practices Offered (March 30-June 4)			
	Mornings	Afternoons	Saturdays	# of Practices
<i>Masters</i>	M/T/TH/F 5:30-7:15 a.m. (pre-/post- high school season)	X	8:00-10:00 a.m. water (pre-/post- high school season) 10:00 a.m.-12:00 p.m. water (during high school season)	5 pre-/post-high school season; 3 during high school season
	T/TH 5:30-7:15 a.m. (during high school season)	X		
<i>Senior 3</i>	M/T/TH/F 5:30-7:15 a.m. (make 3-4 practices)	M/W/F 3:15-5:30 p.m. water, 5:30-6:00 p.m. dryland	8:00-10:00 a.m. water, 10:00-11:00 a.m. dryland	10
		T/TH 3:15-5:15 p.m. water, 5:15-6:00 p.m. dryland		
<i>Senior 2</i>	M/T/TH/F 5:30-7:15 a.m. (make 1-2 practices)	M/W/F 3:15-5:30 p.m. water, 5:30-6:00 p.m. dryland	8:00-10:00 a.m. water, 10:00-11:00 a.m. dryland	8
		T/TH 3:15-5:15 p.m. water, 5:15-6:00 p.m. dryland		
<i>Senior 1</i>	X	M/W/F 3:15-5:30 p.m. water, 5:30-6:00 p.m. dryland	8:00-10:00 a.m. water, 10:00-11:00 a.m. dryland	6
		T/TH 3:15-5:15 p.m. water, 5:15-6:00 p.m. dryland		
<i>Age Group 3</i>	M/T/TH/F 5:30-6:15 a.m. or 6:00-7:15 a.m. (make 2-3 practices; earlier times available for non-Solon students)	M/W/F 6:30-7:00 p.m. dryland, 7:00-9:00 p.m. water	10:00-12:00 p.m. water	9
		T/TH 5:30-6:00 dryland, 6:00-8:00 p.m. water		
<i>Age Group 2</i>	M/T/TH/F 5:30-6:15 a.m. or 6:00-7:15 a.m. (make 1-2 practices; earlier times available for non-Solon students)	M/W/F 6:30-7:00 p.m. dryland, 7:00-9:00 p.m. water	10:00-12:00 p.m. water	8
		T/TH 5:30-6:00 dryland, 6:00-8:00 p.m. water		
<i>Age Group 1</i>	X	M/W/F 5:00-5:30 dryland, 5:30-7:00 p.m. water	10:00 a.m.-12:00 p.m. water (for make-ups only – must have coach approval)	5
		T/TH 6:30-7:00 p.m. dryland, 7:00-8:30 p.m. water		
<i>Developmental 3</i>	X	M/W/F 6:30-6:45 p.m. dryland, 6:45-8:15 p.m. water	X	3

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		X		
<i>Developmental 2</i>	X	M/W/F 5:15-5:30 p.m. dryland, 5:30-6:30 p.m. water	X	3
		X		
<i>Developmental 1 B</i>	X	X	X	2
		T/TH 6:00-6:15 p.m. dryland, 6:15-7:15 p.m. water		
<i>Developmental 1A</i>	X	X	X	2
		T/TH 5:00-5:15 dryland, 5:15-6:00 p.m. water		
Pre-Competitive	X	X	9 and over - 10:00-10:45 a.m. water; 8 and under - 11:00-11:45 a.m. water	1

<b>Group</b>	<b>Practices Offered (June 5-End of Season)</b>			
	<i>Mornings (at Miuni)</i>	<i>Afternoons (at JCU)</i>	<i>Saturdays (at Muni)</i>	<i># of Practices</i>
<i>Masters</i>	M-F 5:30-7:30 a.m. water	X	7:00-9:00 a.m. water	6
<i>Senior 3</i>	M-F 5:30-7:30 a.m. water, 7:30-8:30 a.m. dryland	M/W 3:00-5:00 p.m. water (make 2 practices)	7:00-9:00 a.m. water	8
<i>Senior 2</i>	M-F 5:30-7:30 a.m. water, 7:30-8:30 a.m. dryland	M/W 3:00-5:00 p.m. water (make 1 practices)	7:00-9:00 a.m. water	7
<i>Senior 1</i>	M-F 5:30-7:30 a.m. water, 7:30-8:30 a.m. dryland	X	7:00-9:00 a.m. water	6

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<i>Age Group 3</i>	M-F 5:30-7:30 a.m. water, 7:30-8:15 a.m. dryland	M/W 3:00-5:00 p.m. water (make 2 practices)	7:00-9:00 a.m. water	8
<i>Age Group 2</i>	M-F 5:30-7:30 a.m. water, 7:30-8:15 a.m. dryland	M/W 3:00-5:00 p.m. water (make 1 practice)	7:00-9:00 a.m. water	7
<i>Age Group 1</i>	M/W/F 7:45-8:30 dryland, 8:30-10:00 a.m. water; T/TH 6:00-7:30 a.m. water, 7:30-8:15 dryland	X	X	5
<i>Developmental 3</i>	M/W/F 8:00-8:30 a.m. dryland, 8:30-9:30 a.m. water	M/W 3:00-4:00 p.m. water	X	5 (choose 3)
<i>Developmental 2</i>	M/W/F 8:00-8:30 a.m. dryland, 8:30-9:30 a.m. water	M/W 3:00-4:00 p.m. water	X	5 (choose 3)
<i>Developmental 1 B</i>	M/W/F 9:15-9:30 a.m. dryland, 9:30-10:30 water	M/W 4:00-5:00 p.m. water	X	5 (choose 2)
<i>Developmental 1A</i>	M/W/F 9:15-9:30 a.m. dryland, 9:30-10:30 water	M/W 4:00-5:00 p.m. water	X	5 (choose 2)
Pre-Competitive	X	X	9 and over -7:00-7:45 a.m. water; 8 and under - 8:00-8:45 a.m. water	1

**No practices will be held at SHS on the following dates:**

- 4/4 ACT
- 6/6 SAT
- 6/13 ACT