

SOLON STARS SWIM CLUB

LC Practice Schedule 2022

Group	Practices Offered (April 4-May1)	
	<i>(at Wembley)</i>	<i># of Practices</i>
<i>Masters</i>	With Senior or Age Group	6
<i>Senior 1-3</i>	M-F 3:30-5:30 p.m. water, 5:30-6 p.m. dryland	8
	S 8-10 a.m. water (this may change to CSU)	
	M/W 6-6:45 a.m. lift at SHS	
<i>Age Group 1-3</i>	M/W/F 6:15-6:45 p.m. dryland, 6:45-8:45 p.m. water	6
	T/TH 6:30-7 p.m. dryland, 7-8:45 p.m. water	
	S 10 a.m.-Noon water	
<i>Developmental 3</i>	M/W/F – 6:30-6:45 p.m. dryland, 6:45-8 p.m. water	3
<i>Developmental 2</i>	M/W/F – 5:15-5:30 p.m. dryland, 5:30-6:45 p.m. water	3
<i>Developmental 1b</i>	T/TH 6:15-7 p.m. water	2
<i>Developmental 1a</i>	T/TH 5:30-6:15 p.m. water	2
<i>Pre-Competitive</i>	S 10-10:45 a.m. water (9 and over); 11-11:45 a.m. water (8 and under)	1

No practice/alternate dates:

- April 23 and 30 – SR Group, Age Group, and Masters at CSU 7:30-9:30 a.m.

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Group	Practices Offered (May 2-June 2)			
	<i>(at SHS)</i>			
	<i>Mornings</i>	<i>Afternoons</i>	<i>Saturdays</i>	<i># of Practices</i>
<i>Masters</i>	M/T/TH/F 5:30-7:15 a.m. (pre/post-HS season) T/TH 5:30-7:15 a.m. (during HS season)	X	8-10 a.m. water (pre/post-HS season) 10 a.m.-Noon p.m. water (during HS season)	5 pre/post- HS season; 3 during HS season
<i>Senior 3</i>	M/T/TH/F 5:30-7:15 a.m. (up to 4 practices)	M-F 3:15-5:30 p.m. water, M/W 5:30-6:15 lift, T 5:30-6 dryland, TH 5:30-6:30 yoga	8-10:00 a.m. water, 10- 11 a.m. group meeting/dryland (select days)	10
<i>Senior 2</i>	M/T/TH/F 5:30-7:15 a.m. (up to 2 practices)	M-F 3:15-5:30 p.m. water, M/W 5:30-6:15 p.m. lift, T 5:30-6 p.m. dryland, TH 5:30-6:30 p.m. yoga	8-10:00 a.m. water, 10- 11 a.m. group meeting/dryland (select days)	8
<i>Senior 1</i>	X	M-F 3:15-5:30 p.m. water, M/W 5:30-6:15 lift, T 5:30-6 dryland, TH 5:30-6:30 yoga	8-10:00 a.m. water, 10- 11 a.m. group meeting/dryland (select days)	6
<i>Age Group 3</i>	M/T/TH/F 6-7:15 a.m. water (up to 2 practices)	M-F 6:30-7 p.m. dryland, 7- 8:45 p.m. water	10 a.m.-Noon water	8
<i>Age Group 2</i>	M/T/TH/F 6-7:15 a.m. water (pick 1 practice)	M-F 6:30-7 p.m. dryland, 7- 8:45 p.m. water	10 a.m.-Noon water	7
<i>Age Group 1</i>	X	M-F 5:00-5:30 p.m. dryland, 5:30-7 p.m. water	X	5
<i>Developmental 3</i>	X	M/W/F 6:15-6:30 p.m. dryland, 6:30-7:30 p.m. water	X	3

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

No practice/alternate dates:

- May 7 – no practice for any group
- May 25 – Pre-Comp. 5:30-6:15 p.m. (8 and under) and 6:15-7 p.m. (9 and over) water
- May 27-30 – no practice for any group (morning practice will be offered May 27)
- June 1 – Pre-Comp. 5:30-6:15 p.m. (8 and under) and 6:15-7 p.m. (9 and over) water
- June 4 – no Pre-Comp.

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Group	Practices Offered (June 3-End of Season)			
	<i>Mornings (at Muni)</i>	<i>Afternoons (at SHS)</i>	<i>Saturdays (at Muni/SHS)</i>	<i># of Practices</i>
<i>Masters</i>	M-F 5:30-7:30 a.m. water	X	7-9 a.m. water (at Muni)	6
<i>Senior 3</i>	M-F 5:30-7:30 a.m. water, 7:30-8:30 a.m. dryland	M/T/W/TH 3:00-5:00 p.m. water (up to 4 practices) M/W 2-2:45 p.m. lift	7-9 a.m. water (at Muni)	10
<i>Senior 2</i>	M-F 5:30-7:30 a.m. water, 7:30-8:30 a.m. dryland	M/T/W/TH 3:00-5:00 p.m. water (up to 3 practices) M/W 2-2:45 p.m. lift	7-9 a.m. water (at Muni)	9
<i>Senior 1</i>	M-F 5:30-7:30 a.m. water, 7:30-8:30 a.m. dryland	M/W 2-2:45 p.m. lift	7-9 a.m. water (at Muni)	6
<i>Age Group 3</i>	M/W/F 7-7:30 a.m. dryland, 7:30-9:30 a.m. water T/TH 7-7:30 dryland, 7:30-9 a.m. water	T/TH 3:00-5:00 p.m. water (up to 2 practices)	7-9 a.m. water (at Muni)	8
<i>Age Group 2</i>	M/W/F 7-7:30 a.m. dryland, 7:30-9:30 a.m. water T/TH 7-7:30 dryland, 7:30-9 a.m. water	T/TH 3:00-5:00 p.m. water (pick 1 practice)	7-9 a.m. water (at Muni)	7
<i>Age Group 1</i>	M-F 7-7:30 dryland 7:30-9 a.m. water	X	X	5
<i>Developmental 3</i>	F 9-10:30 a.m. water	M/W 6-6:15 p.m. dryland, 6:15-7:30 p.m. water	X	3

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<i>Developmental 2</i>	F 9-10 a.m. water	M/W 4:45-5 p.m. dryland, 5-6:15 p.m. water	X	3
<i>Developmental 1 B</i>	X	M/W 5:30-5:45 p.m. dryland, 5:45-6:30 p.m. water	X	2
<i>Developmental 1A</i>	X	M/W 4:45-5 p.m. dryland, 5-5:45 p.m. water	X	2
Pre- Competitive	X	X	S 10-10:45 a.m. water (9 and over); 11-11:45 a.m. water (8 and under) (at SHS)	1

No practice/alternate dates:

- June 4 – no Pre-Comp.
- June 8 – Pre-Comp. 5:30-6:15 p.m. (8 and under) and 6:15-7 p.m. (9 and over) water
- June 11 – no Pre-Comp.
- June 20 – no afternoon/evening practices
- July 4 – no practice for any group