

| Group | Practices Offered (August 18-September 30) | |
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| | <i>At Muni</i> | <i># of Practices</i> |
| <i>Masters</i> | T/TH 5:30-7:15 a.m. | 3 |
| | S 8-10 a.m. | |
| <i>Senior 1-3</i> | M/W/F 3:30-5:30 p.m. water, 5:30-6/30 p.m. dryland | 6 |
| | T/TH 5:30-7:15 a.m. water | |
| | S 8-10 a.m. water, dryland depends on the week | |
| <i>Age Group 2/3</i> | M/W/F 6:30-7 p.m. dryland, 7-8:45 p.m. water | 6 |
| | T/TH 5:30-7:15 a.m. water | |
| | S 10 a.m.-Noon water, dryland depends on the week | |
| <i>Age Group 1</i> | M/W/F 6:30-7 p.m. dryland, 7-8:45 p.m. water | 4 |
| | S 10 a.m.-Noon water, dryland depends on the week | |
| <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> | M/W 6:15-7 p.m. water | 2 |
| <i>Developmental 1a</i> | M/W 5:30-6:15 p.m. water | 2 |
| <i>Pre-Competitive</i> | S 10-10:45 a.m. (9 and over) and 11-11:45 a.m. (8 and under) water | 1 |

| Group | Practices Offered (October 1-October 28) | |
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| | <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, 5:30-6/15 p.m. dryland | 6 |
| | S 8-10 a.m. water | |
| <i>Age Group 2/3</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>Age Group 1</i> | M/W/F 6:15-6:45 p.m. dryland, 6:45-8:45 p.m. water | 5 |
| | T/TH 6:30-7 p.m. dryland, 7-8:45 p.m. 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. (9 and over) and 11-11:45 a.m. (8 and under) water | 1 |

| Group | Practices Offered (October 29-February 27) | |
|-------------------------|--|-----------------------|
| | <i>At Wembley</i> | <i># of Practices</i> |
| <i>Masters</i> | With Age Group | 6 |
| <i>Age Group 2/3</i> | M/W/F 7:00-7:30 p.m. dryland; 7:30-9:00 p.m. water | 6 |
| | T/TH 6:45 p.m. dryland; 7:15-9:00 p.m. water | |
| | S 8-10 a.m. water | |
| <i>Age Group 1</i> | M/W/F 7:00-7:30 p.m. dryland; 7:30-9:00 p.m. water | 5 |
| | T/TH 6:45 p.m. dryland; 7:15-9:00 p.m. water | |
| <i>Developmental 3</i> | M/W/F 7:15-7:30 p.m. dryland; 7:30-8:30 p.m. water | 3 |
| <i>Developmental 2</i> | M/W/F 6:15-6:30 p.m. dryland; 6:30-7:30 p.m. water | 3 |
| <i>Developmental 1b</i> | T/TH 7:15-8 p.m. water | 2 |
| <i>Developmental 1a</i> | T/TH 6:30-7:15 p.m. water | 2 |
| <i>Pre-Competitive</i> | S 8-8:45 a.m. (9 and over) and 9-9:45 a.m. (8 and under) water | 1 |

| Group | Practices Offered (February 28-March 6) | |
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| | <i>At Wembley</i> | <i># of Practices</i> |
| <i>Masters</i> | With Senior or Age Group | 6 |
| <i>Senior Champs/NCSAs</i> | M-F 3:30-5:30 p.m. water, 5:30-6 p.m. dryland | 6 |
| | S 8-10 a.m. water | |
| <i>Junior Olympics</i> | M-F 5-5:30 p.m. dryland, 5:30-7 p.m. water | 6 |
| | S 8-10 a.m. water | |

| Group | Practices Offered (March 7-March 13) | |
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| | <i>At Wembley</i> | <i># of Practices</i> |
| <i>Masters, NCSAs, and Junior Olympics</i> | M-F 4-6 p.m. water, 6-6:30 p.m. dryland | 6 |
| | S 8-10 a.m. water | |

No practice:

- September 6, 2021
- November 25, 2021
- December 24, 2021
- December 25, 2021
- December 31, 2021

- January 1, 2022
- January 17, 2022
- February 21, 2022

Last Practices:

- Pre-Competitive – February 26
- Developmental 1a and b – February 24
- Developmental 2 and 3 – February 25 (does not apply to swimmers attending Junior Olympics)
- Age Group – day before your championship meet
- Senior – day before your championship meet