

DELAWARE SWIM TEAM 2020-2021 PRACTICE SCHEDULE

Revised February 28, 2021

Effective March 1, 2021

Group	Location	Group Code	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Program Cost
COMPETITIVE PROGRAM										
SENIOR	New Castle	n/a	5:30-7:00 AM**	5:30-7:00 AM**	off	5:30-7:00 AM**	off	n/a	n/a	\$750.00
	New Castle	Seniors NC1	3:30-5:45 PM*	3:30-5:45 PM*	3:30-5:45 PM*	3:30-5:45 PM*	3:30-5:45 PM*	off	6:00-9:00 AM~	
	New Castle	Seniors NC2	3:30-5:45 PM*	3:30-5:45 PM*	3:30-5:45 PM*	3:30-5:45 PM*	3:30-5:45 PM*	off	6:00-9:00 AM~	
JUNIORS	New Castle (Adv ##)	Juniors NC2	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	@ PC	9:00-11:00 AM~~	\$500.00
	New Castle	Juniors NC3	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	@ PC	9:00-11:00 AM~~	
	Pike Creek	Juniors PC1	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	12:30-2:30 PM	@ NC	
	Pike Creek	Juniors PC2	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	12:30-2:30 PM	@ NC	
MINI	New Castle	Minis NC2	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	@ PC	11:00 AM-12:00 PM	\$350.00
	Pike Creek	Minis PC3	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	11:30 AM-12:30 PM	@ NC	
KEEP YOUR FEET WET PROGRAM										
WINTER INSTRUCTIONAL	Pike Creek	Winter Instructional	off	off	off	off	off	9:00-10:00 AM	9:00-10:00 AM	\$300.00
WINTER TRAINING	Pike Creek	Winter Training	off	off	off	off	off	10:00-11:30 AM	10:00-11:30 AM	\$350.00
PRE-SPRING CONDITIONING (March 1-March 26)	Pike Creek	Spring Conditioning	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	off	off	\$125.00
	New Castle	Spring Conditioning	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	off	off	\$125.00
SPRING CONDITIONING (begins March 29)	Pike Creek	Spring Conditioning	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	off	off	\$300.00
	New Castle	Spring Conditioning	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	off	off	\$300.00
*Includes Dryland ## Coach placement only		** See Senior coach regarding morning practices ~ This practice will have a dedicated hour of mechanics to supplement the weekly training regimen ~~ This practice will have expanded time dedicated to mechanics, beyond the amount of time provided for mechanics through the week								