

Medford Pandemic Program Practice Schedule

Session Start: Tuesday, 9/8/2020 / Session End: Saturday, 5/31/2021

**** SATURDAY SESSION 1 CHANGE, EFFECTIVE JAN 23RD! ****

Due to pandemic safety measures there are facility limitations that affect our practice session numbers and group offerings. There is currently no dryland training offered; all group training is swim only. Due to pandemic conditions, schedules are subject to change at any time. All sessions are \$180/month plus a monthly facility fee of \$40.

In order to meet safety guidelines ECCC is unable to return to the pool with a complete program offering. As pandemic conditions improve we are hopeful to have the ability to add in additional practice groups and times with health and safety conditions in mind. Until then, registration in the pandemic practice sessions are reserved on an invitation only basis (approval by Head Coach Donnie Cotter required). We apologize for the inconvenience these changes pose and appreciate your understanding!

Athletes must arrive no earlier or later than 5 minutes prior to their swim session start (unless otherwise noted). Athletes arriving later than 5 minutes PRIOR to their session start will be turned away. There is no flexibility to this policy due to health and safety guidelines.

Session 1 - 6 Swim [2pm Group]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	2 - 3:30pm	2 - 3:30pm	2 - 3:30pm	2 - 3:30pm	2 - 3:30pm	10 - 11:30am	--
ARRIVE	1:50 - 1:55pm	1:50 - 1:55pm	1:50 - 1:55pm	1:50 - 1:55pm	1:50 - 1:55pm	9:50-9:55am	--

Session 2 - 6 Swim [3:45pm Group]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	3:45 -5:15pm	3:45 -5:15pm	3:45 -5:15pm	3:45 -5:15pm	3:45 -5:15pm	11:45am-1:15pm	--
ARRIVE	3:40 PM	3:40 PM	3:40 PM	3:40 PM	3:40 PM	11:40 AM	--

Session 3 - 6 Swim [5:30pm Group]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	5:30 - 7pm	5:30 - 7pm	5:30 - 7pm	5:30 - 7pm	5:30 - 7pm	1:30 - 3pm	--
ARRIVE	5:25 PM	5:25 PM	5:25 PM	5:25 PM	5:25 PM	1:25 PM	--

Session 4 - 6 Swim [7:15pm Group]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	7:15 - 9pm	7:15 - 9pm	7:15 - 9pm	7:15 - 9pm	7:15 - 9pm	3:15 - 5pm	--
ARRIVE	7:10 PM	7:10 PM	7:10 PM	7:10 PM	7:10 PM	3:10 PM	--