

OC Pandemic Program Practice Schedule

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

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.

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.

Silver - 6 Swim*						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	7pm - 8pm	7pm - 8pm	7pm - 8pm	7pm - 8pm	7pm - 8pm	4pm - 5pm
ARRIVE	6:55 PM	6:55 PM	6:55 PM	6:55 PM	6:55 PM	3:55 PM
Gold - 6 Swim*						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	8pm - 9:30pm	8pm - 9:30pm	8pm - 9:30pm	8pm - 9:30pm	8pm - 9:30pm	5pm - 6:30pm
ARRIVE	7:55 PM	7:55 PM	7:55 PM	7:55 PM	7:55 PM	4:55 PM

*Refer to location practice disclosure. OC High School has priority of pool use for meets during HS Swim Season. Saturday practice sessions November thru February could be suspended.