

GOAL Practice Schedule, Fall/Winter 2021 - Spring 2022 Seasons

Pools:

CSM = College of St. Mary's 72nd St. & Cedar (1 block north of Mercy Rd.)

MB = Mockingbird Community Center 10242 Mockingbird Dr. (4 blocks south of L St.)

MC = Montclair Community Center 2304 S. 135th Ave. (4 blocks north of W. Center Rd.)

Burke = Burke H.S. SW corner of 120th & Dodge

WG = Westgate Pool 8233 Grover St. (a few blocks north and east of I-80/84th St.)

Penguin Group:

Aug. 23 – May 28 MC closed Aug. 30- Sep. 17. No Practices on: Sep. 6, Nov. 25, Dec. 24-25, Jan. 1, Mar. 19-26					
Mon	Tue	Wed	Thur	Fri	Sat
5:45-6:45 PM & 6:45-7:45 PM at MC (Aug. 23,30, Sep. 13 at WG)	5:45-6:45 PM & 6:45-7:45 PM at MC (Aug. 24,31, Sep. 14 at WG)	5:45-6:45 PM & 6:45-7:45 PM at MC (Aug. 25, Sep. 1,8,15 at WG)	5-6 PM at MB (Sep. 23,30,Oct. 7 4:15-5:15 PM at MC)	5:45-6:45 PM & 6:45-7:45 PM at MC (Sep. 3 same times at MB, *Sep. 10,17 at WG see times below)	9-10 AM & 10-11 AM at CSM

* Fri. Sep. 10 & Fri. Sep. 17 practice times at WG changed slightly due to sunset times (WG outdoors) Sep. 10 5:40-6:40 PM & 6:40-7:40 PM, Sep. 17 5:30-6:30 PM & 6:30-7:30 PM

Summer Schedule starting Tue. May 31 TBA

Dolphin/Piranha Group:

Aug. 23 – May 28 MC closed Aug. 30- Sep. 17. No Practices on: Sep. 6, Nov. 25, Dec. 24-25, Jan. 1, Mar. 19-26					
Mon	Tue	Wed	Thur	Fri	Sat
5:30-6:45 PM & 6:30-7:45 PM at MC (Aug. 23,30, Sep. 13 at WG)	5:30-6:45 PM & 6:30-7:45 PM at MC (Aug. 24,31, Sep. 14 at WG)	5:30-6:45 PM & 6:30-7:45 PM at MC (Aug. 25, Sep. 1,8,15 at WG)	4:45-6 PM at MB (Sep. 23,30,Oct. 7 4-5:15 PM at MC)	5:30-6:45 PM & 6:30-7:45 PM at MC (Sep. 3 same times at MB, *Sep. 10,17 at WG see times below)	8:45-10 AM (Piranhas only) & 9:45-11 AM at CSM

* Fri. Sep. 10 & Fri. Sep. 17 practice times at WG changed slightly due to sunset times (WG outdoors) Sep. 10 5:30-6:45 PM & 6:25-7:40 PM, Sep. 17 5:30-6:45 PM & 6:15-7:30 PM

Summer Schedule starting Tue. May 31 TBA

Shark Group:

Aug. 23 – May 28 No Practices on: Sep. 6, Nov. 25, Dec. 24-25, Jan. 1, Mar. 19-26; practices may be shifted back to later in the weekday evenings during the h.s. season (Nov. 15 – Feb. 26)

Mon	Tue	Wed	Thur	Fri	Sat
6-7:30 PM at Burke (Aug. 23) 6-7:30 PM at MC, Aug. 30 6:30-8 PM at WG)	6-7:30 PM at Burke (Aug. 24) 6-7:30 PM at MC, Aug. 31 6:30-8 PM at WG)	6-7:30 PM at Burke (Aug. 25) 6-7:30 PM at MC)	6-7:30 PM at Burke (Aug. 26) 6-7:30 PM at WG)	6-7:30 PM at Burke (Aug. 27) 6-7:30 PM at MB)	7-8:30 Am at CSM

Summer Schedule starting Tue. May 31 TBA

Senior Group:

Aug. 23 – May 28 MC closed Aug. 30- Sep. 17 No Practices on: Sep. 6, *Nov. 25, *Dec. 24-25, *Jan. 1, Mar. 19-26; *h.s. swimmers practice exclusively with their h.s. team during the h.s. season (Nov. 15 – Feb. 26), those not on h.s. teams join the Shark practices during the h.s. season

Mon	Tue	Wed	Thur	Fri	Sat
4-5:45 PM at MC (same times at WG on Aug. 23,30, Sep. 13)	5:50-7 Am at CSM (1 st Tue AM practice Aug. 31) & 4-5:45 PM at MC (at WG on Aug. 24,31, Sep. 7,14)	4-5:45 PM at MC (at WG on Aug. 25, Sep. 1,8,15)	4-5:45 PM at MC on Aug. 26, Oct. 14,21, 28, Nov. 4,11; same times at WG on Sep. 2,9,16) 7:30-9 PM at CSM on Sep. 23,30, Oct. 7	4-5:45 PM at MC (same times at MB on Sep. 3, at WG on Sep. 10,17)	7-8:45 AM at CSM

Summer Schedule starting Tue. May 31 TBA

Senior-National Group:

Aug. 23 – May 28 No Practices on: Sep. 6, *Nov. 25, *Dec. 24-25, *Jan. 1, Mar. 19-26; *h.s. swimmers practice exclusively with their h.s. team during the h.s. season (Nov. 15 – Feb. 26), those not on h.s. teams join the Shark practices during the h.s. season

Mon	Tue	Wed	Thur	Fri	Sat
4-6 PM at Burke (4-6 PM at MC on Aug. 23, 7-9 PM at CSM on Aug. 30)	4-6 PM at Burke (4-6 PM at MC on Aug. 24, 7-9 PM at CSM on Aug. 31)	4-6 PM at Burke (4-6 PM at MC on Aug. 25)	5:50-7 Am at CSM (1 st Thur. AM practice Sep. 2) & 4-6 PM at Burke (4-6 PM at WG on Aug. 26)	4-6 PM at Burke (4-6 PM at MB on Aug. 27)	6:45-8:45 AM at MC (7-9 AM at WG on Sep. 4,11)

Summer Schedule starting Tue. May 31 TBA