**Phoenix Swimming 2013 Long Course Practice Schedule** **by Group:**

***Practice*** ***Schedule*** ***May*** ***20th-*** ***June*** ***23rd***

**Novice:**

Monday 5:30-6:30pm

Wednesday 5:30-6:45pm

Friday 4:00-5:15pm

**Age Group:**

Monday 4:00-5:45pm

Tuesday 4:15-6:45pm (dryland 6:00-6:45pm)

Wednesday 4:00-5:45pm

Thursday 4:15-6:45pm (dryland 6:00-6:45pm)

Saturday 8:15-10:30am

**Junior Group:**

Monday 4:00-7:15pm (dryland 6:15-7:15pm)

Tuesday 4:15-6:00pm

Wednesday 4:00-7:15pm (dryland 6:15-7:15pm)

Thursday 4:15-6:00pm

Friday 4:00-7:15pm (dryland 6:15-7:15pm)

Saturday 6:15-8:30am

**Pre-National Group:**

Monday 4:00-7:15pm (dryland 6:15-7:15pm)

Tuesday 4:15-6:30pm

Wednesday 4:00-7:15pm (dryland 6:15- 7:15pm)

Thursday 4:15-6:30pm

Friday 5:45-8:30pm

Saturday 8:15-11:45am (dryland 10:45-11:45am)

**National Group:**

Monday 5:45-8:30pm

Tuesday 4:45-8:15pm (dryland 4:45-5:45pm)

Wednesday 5:45-8:30pm

Thursday 4:45-8:15pm (dryland 4:45-5:45pm)

Friday 5:45-8:30pm

Saturday 8:15-11:45am (dryland 10:45-11:45am)

**Senior Group:**

Monday 5:45-8:30pm

Tuesday 4:45-8:15pm (dryland 4:45-5:45pm)

Wednesday 5:45-8:30pm

Thursday 4:45-8:15pm (dryland 4:45-5:45pm)

Friday 4:00-7:15pm (dryland 6:15-7:15pm)

Saturday 6:15-8:30am

\*\*All practices are at the Cedarland Aquatic Center. Depending on the temp of the pool at the main club, we do have access to start training long course on the weekends. Plan on having Saturday practices at the Cedarland Aquatic Center unless notified via email.

***Practice*** ***Schedule*** ***June*** ***24th*** ***–Aug*** ***6th***

**Novice:**

Monday 5:30-6:45pm

Wednesday 5:30-6:45pm

Saturday 7:00-8:00am **LC**

**Age Group:**

Monday 5:45-8:15pm (dryland 5:45-6:30pm)

Tuesday 5:15-7:30pm

Wednesday 5:45-8:15pm (dryland 5:45-6:30pm)

Thursday 7:45-9:15pm **LC**

Saturday 5:45-7:30am **LC**

**Junior Group:**

Monday 7:45-9:30pm **LC**

Tuesday 4:30-7:30pm (dryland 4:30-5:15pm)

Wednesday 7:45-9:30pm **LC**

Thursday 4:30-7:30pm (dryland 4:30-5:15pm)

Friday 5:30-7:30pm

Saturday 7:45-11:15am (dryland 10:15-11:15am)

**Pre-National Group:**

Monday 4:30-8:00pm (dryland 4:30-5:30pm)

Tuesday 6:45-9:45pm (dryland 6:45-7:45pm) **LC**

Wednesday 5:30-8:00pm

Thursday 7:45-9:45pm **LC**

Friday 4:30-8:30pm (dryland 4:30-5:30pm)

Saturday 7:45-10:15am

**National Group:**

Monday 4:30-8:30pm (dryland 4:30-5:30pm)

Tuesday 6:45-10:00pm (dryland 6:45-7:45pm) **LC**

Wednesday 5:30-8:30pm

Thursday 6:45-10:00pm **LC**

Friday 4:30-8:30pm (dryland 4:30-5:30pm)

Saturday 5:45-8:00am **LC**

**Senior Group:**

Monday 7:45-10:00pm **LC**

Tuesday 4:30-7:30pm (dryland 4:30-5:15pm)

Wednesday 7:45-10:00pm **LC**

Thursday 4:15-8:00pm (dryland 4:15-5:15pm)

Friday 4:30-8:30pm (dryland 4:30-5:30pm)

Saturday 5:45-8:00am **LC**

\*\*LC= Long Course Training at the

Main Club

All other practices are at the Cedarland

Aquatic Center