

2022 Summer Swimming Practice Schedule

SLG/AG Gold/AG Blue: ALL Practices are at BG City Pool

Senior Group (Jr High and older): See bottom of page

Sooner or Later Gators

May 31-June 2	5:45-6:30pm	Mon-Fri
June 3-July 1	12:00-12:45pm	Mon-Fri

8 & Unders (Age Group Gold)

May 31-June 2	5:45-6:30pm	Mon-Fri
June 3-July 9	8:15-9:15am#	M/W/F
	12:15-1:30pm#	Mon through Fri*

(*On dual meet days, the 12:15 practice is moved to 8:15-9:15am and there is no noon practice)

#Attendance at both practices is NOT required, but attendance at as many as possible will help with technique retention/instruction!

9 years through 6th grade (Age Group Blue)

May 31-June 2	5:45-6:30pm	Mon-Fri
June 3-July 9	8-9:30am/12:15-1:30#	M/W/F
	8-10am	Tue/Thur

#Attendance at both practices these days is not required, but attendance at as many as possible will help with technique retention/instruction/endurance!

Junior High/High School (new/beginning swimmers)

May 30-June 2	Contact Coach Carolyn for the schedule on these days
June 3-July 10	6:30-8am Mon-Fri swimming
	8-8:30am Mon-Fri dryland – will need running shoes/bike on Tues/Thur

Junior High/High School (year-round swimmers)

2 options – must commit to one or the other, no alternating

May 30-June 2	Swimmers in Spring I have this schedule
June 3-July 10	

Option 1:	6-8:30am	Mon/Wed/Fri City Pool (Dryland 8-8:30)
	6-8:30am	Tue/Thur City Pool (Dryland 8-8:30 – will need running shoes and swimmers are asked to bike to practice if they live in town)
	7-9am	Saturdays (City Pool) – check with Carolyn

Option 2:	This schedule requires the BGSU-SRC entrance fee be paid	
	6-8:30am	Mon/Wed/Fri City Pool (Dryland 8-8:30)***
	6-8:30am	Tue/Thur BGSU-SRC for Long Course (Dryland 8-8:30 – will need running shoes and swimmers are asked to bike to practice if they live in town)***
	3-5pm	Mon/Weds (SRC)**
	7-9am	Saturdays (City Pool) – check with Carolyn

**Attendance at the afternoon practice is not required – attendance is driven by athlete goals; should schedule around it and commit to attending, specifically those doing long course and Sectional cut/higher meet achievement.

***Attendance at morning practice determines GNOAC dual meet participation unless arrangements have been made in advance with Carolyn!