



SwimUnited Strongsville Fall Practice Schedule Sept 3rd - May 22nd

Detailed below are the practice times for the SwimUnited Strongsville Short Course (Indoor) Season. These times may change due to holidays or Ehrnfelt Recreation Center obligations or repairs. During September only, all SwimUnited practices will end by 8:30 pm.

BY GROUP:

Senior Group*

Monday through Friday 3:00 to 5:30pm

September Only

Elite Group

Monday/Wednesday 4:30 to 6:30pm

Tuesday 7:30 to 9:00pm

7:30 to 8:30pm

Friday 4:30 to 6:00pm

Performance Group (starts Sept 23)

Monday/Wednesday/Thursday 7:30 to 9:00pm

7:30 to 8:30pm

Friday 6:00 to 7:00pm

Development Group (starts Sept 23)

Monday/Wednesday/Friday 6:30 to 7:30pm

BY DAY:

Monday

Senior Group* 3:00 to 5:30pm

Elite Group 4:30 to 6:30pm

Development Group 6:30 to 7:30pm

Performance Group 7:30 to 9:00pm 7:30 to 8:30pm

Tuesday

Senior Group* 3:00 to 5:30pm

Elite Group 7:30 to 9:00pm 7:30 to 8:30pm

Wednesday

Senior Group* 3:00 to 5:30pm

Elite Group 4:30 to 6:30pm

Development Group 6:30 to 7:30pm

Performance Group 7:30 to 9:00pm 7:30 to 8:30pm

Thursday

Senior Group* 3:00-5:30pm

Performance Group 7:30-9:00pm 7:30 to 8:30pm

Friday

Senior Group* 3:00 to 5:30pm

Elite Group 4:30 to 6:00pm

Performance 6:00 to 7:00pm

Development 6:30 to 7:30pm

* Senior Group runs until Thursday Oct 24th and resumes on Monday Feb 24th



SwimUnited Short Course Season Practice Schedule Notes

- **SwimUnited Spring Break;**
 - **Senior/Elite Groups**
 - Monday March 16th until practices resume Monday March 30th
 - **Performance/Development Groups**
 - Monday February 24th until practice resumes Monday March 30th