



**SwimUnited Strongsville Fall Practice Schedule Aug 31<sup>st</sup> - May 28<sup>th</sup>**

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. Dryland time will be communicated separately. Space constraints due to safety/Co-vid may limit dryland opportunities.

BY GROUP:

**Senior Group\***

Monday through Friday 3:00 to 5:00pm

**Elite Group**

Monday/Tuesday/Wednesday 5:00 to 6:30pm

Friday 5:00 to 6:00pm

**Performance Group (starts Sept 14)**

Tuesday 6:30 to 7:30pm

Thursday 5:00 to 6:30pm

Friday 6:00 to 7:30pm

**Development Group (starts Sept 14)**

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

BY DAY:

**Monday**

Senior Group\* 3:00 to 5:00pm

Elite Group 5:00 to 6:30pm

Development Group 6:30 to 7:30pm

**Tuesday**

Senior Group\* 3:00 to 5:00pm

Elite Group 5:00 to 6:30pm

Performance Group 6:30 to 7:30pm

**Wednesday**

Senior Group\* 3:00 to 5:00pm

Elite Group 5:00 to 6:30pm

Development Group 6:30 to 7:30pm

**Thursday**

Senior Group\* 3:00 to 5:00pm

Performance Group 5:00 to 6:30pm

Development Group 6:30 to 7:30pm

**Friday**

Senior Group\* 3:00 to 5:00pm

Elite Group 5:00 to 6:00pm

Performance Group 6:00 to 7:30pm

\* Senior Group runs until Thursday Oct 29<sup>th</sup> and resumes on Monday Mar 1<sup>st</sup>



**SwimUnited Short Course Season Practice Schedule Notes**

- **SwimUnited Spring Break;**
  - **Senior/Elite Groups/Performance**
    - Monday March 22nd until practices resume Monday April 5th
  - **Development Group**
    - Monday March 1st until practice resumes Monday April 5th