



SwimUnited – *developing Athletes and Character since 2008*

SwimUnited Fall Practice Schedule August 18th- September 2nd

Detailed below are the practice times for the 1st two weeks of the SwimUnited Short Course (Indoor) Season. All practices for this period will be at Deerfield Lake. Please check the calendar at www.swimunited.org for practice time updates on a regular basis. All times are p.m.

BY GROUP:

Senior Group

Monday thru Thursday

3:30 to 5:00pm

Location

Deerfield Lake

Elite Group

Monday thru Thursday

5:00 to 6:00pm

Deerfield Lake



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SwimUnited Brunswick Fall Practice Schedule Sept 1st - May 28th**

Detailed below are the practice times for the SwimUnited Brunswick Short Course (Indoor) Season. These times may change due to holidays or Brunswick Recreation Center obligations or repairs. Dryland time will be communicated separately.

BY GROUP:

Senior Group*

Monday through Friday 2:30 to 4:30pm

Elite Group

Monday/Wednesday/Friday 4:30 to 6:00pm

Tuesday 7:00 to 8:30pm

Performance Group (starts Sept 14)

Monday/Wednesday/Thursday 7:00 to 8:30pm

Development Group (starts Sept 14)

Monday/Wednesday/Friday 6:00 to 7:00pm

BY DAY:

Monday

Senior Group* 2:30 to 4:30pm

Elite Group 4:30 to 6:00pm

Development Group 6:00 to 7:00pm

Performance Group 7:00 to 8:30pm

Tuesday

Senior Group* 2:30 to 4:30pm

Elite Group 7:00 to 8:30pm

Wednesday

Senior Group* 2:30 to 4:30pm

Elite Group 4:30 to 6:00pm

Development Group 6:00 to 7:00pm

Performance Group 7:00 to 8:30pm

Thursday

Senior Group* 2:30 to 4:30pm

Performance Group 7:00 to 8:30pm

Friday

Senior Group* 2:30 to 4:30pm

Elite Group 4:30 to 6:00pm

Development Group 6:00 to 7:00pm

* Senior Group runs until Thursday Oct 28th and resumes on Monday Feb 28th



SwimUnited Short Course Season Practice Schedule Notes

- **SwimUnited Spring Break;**
 - **Senior/Elite Groups/Performance**
 - Monday March 14th until practices resume Monday March 28th
 - **Development Group**
 - Monday February 28th until practice resumes Monday March 28th