



**SwimUnited** – *developing Athletes and Character since 2008*

**SwimUnited Fall Practice Schedule August 18<sup>th</sup>- September 2<sup>nd</sup>**

Detailed below are the practice times for the 1<sup>st</sup> 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](http://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 Strongsville Fall Practice Schedule Sept 7<sup>th</sup> - May 27<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.

BY GROUP:

**Senior Group\***

Monday/Tuesday/Thursday/Friday 3:30 to 5:30pm  
Wednesday 3:00 to 5:00pm

**Elite Group**

Monday 5:30 to 7:00pm  
Tuesday/Thursday 7:30 to 8:30pm  
Wednesday 5:00 to 6:30pm  
Friday 5:30 to 6:30pm

**Performance Group (starts Sept 13)**

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

**Development Group (starts Sept 13)**

Monday 7:00 to 8:00pm  
Wednesday/Friday 6:30 to 7:30pm

BY DAY:

**Monday**

Senior Group\* 3:30 to 5:30pm  
Elite Group 5:30 to 7:00pm  
Development Group 7:00 to 8:00pm  
Performance Group 7:30 to 8:30pm

**Tuesday**

Senior Group\* 3:30 to 5:30pm  
Elite Group 7:30 to 8:30pm  
Performance Group 7:30 to 8:30pm

**Wednesday**

Senior Group\* 3:00 to 5:00pm  
Elite Group 5:00 to 6:30pm  
Development Group 6:30 to 7:30pm  
Performance Group 7:00 to 8:30pm

**Thursday**

Senior Group\* 3:30 to 5:30pm  
Elite Group 7:30 to 8:30pm  
Performance Group 7:30 to 8:30pm

**Friday**

Senior Group\* 3:30 to 5:30pm  
Elite Group 5:30 to 6:30pm  
Development Group 6:30 to 7:30pm

\* Senior Group runs until Thursday Oct 28<sup>th</sup> and resumes on Monday Feb 28<sup>th</sup>



**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