



SwimUnited – *developing Athletes and Character since 2008*

SwimUnited Fall Practice Schedule August 19th- September 11th

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

BY GROUP:

Senior Group

| | |
|-------------------|-----------------|
| Monday/Friday* | 5:30 to 6:45am |
| Tuesday/Wednesday | 3:00 to 5:00pm |
| Thursday | 3:30 to 5:00pm |
| Saturday* | 7:00 to 9:00 am |

Elite Group

| | |
|----------------------------|----------------|
| Tuesday/Wednesday/Thursday | 3:00 to 5:00pm |
|----------------------------|----------------|

*Indicates am practices.



SwimUnited Medina Fall Practice Schedule Sept 13th - May 27th

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

BY GROUP:

Senior Group*

| | |
|-------------------|----------------|
| Monday/Friday | 5:30 to 6:45am |
| Tuesday/Wednesday | 3:00 to 5:00pm |
| Thursday | 3:30 to 5:00pm |
| Saturday | 7:00 to 9:00am |

*Indicates am practices.

Elite Group

| | |
|---------------------------------|-------------|
| Monday/Tuesday/Wednesday/Friday | 6:00-7:30pm |
|---------------------------------|-------------|

Performance Group (starts Sept 13)

| | |
|-----------------------|----------------|
| Monday/Tuesday/Friday | 6:00 to 7:30pm |
|-----------------------|----------------|

Development Group (starts Sept 13)

| | |
|---------------|----------------|
| Monday/Friday | 5:00 to 6:00pm |
| Wednesday | 6:00 to 7:00pm |

BY DAY:

Monday

| | |
|-------------------|----------------|
| Senior Group* | 5:30 to 6:45am |
| Elite Group | 6:00 to 7:30pm |
| Development Group | 5:00 to 6:00pm |
| Performance Group | 6:00 to 7:30pm |

Tuesday

| | |
|-------------------|----------------|
| Senior Group* | 3:00 to 5:00pm |
| Elite Group | 6:00 to 7:30pm |
| Performance Group | 6:00 to 7:30pm |

Wednesday

| | |
|-------------------|----------------|
| Senior Group* | 3:00 to 5:00pm |
| Elite Group | 6:00 to 7:30pm |
| Development Group | 6:00 to 7:00pm |

Thursday

| | |
|---------------|----------------|
| Senior Group* | 3:30 to 5:00pm |
|---------------|----------------|

Friday

| | |
|-------------------|----------------|
| Senior Group* | 5:30 to 6:45am |
| Elite Group | 6:00 to 7:30pm |
| Development Group | 5:00 to 6:00pm |
| Performance Group | 6:00 to 7:30pm |

Saturday

| | |
|---------------|-------------|
| Senior Group* | 7:00 to 9am |
|---------------|-------------|

* 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