

2022 - 23 Competitive Swim Team Groups	Schedule	Dates
Mini 1	<b>Pick one option at registration</b> <ul style="list-style-type: none"> <li>• Monday, Wednesday 6:00 - 7:00 PM OR</li> <li>• Tuesday, Thursday 6:00 - 7:00 PM</li> </ul>	Sept. 19, 2022 thru May 19, 2023
Mini 2	<ul style="list-style-type: none"> <li>• Tuesday, Thursday, Friday 6:00 - 7:00 PM</li> </ul>	Sept. 19, 2022 thru May 19, 2023
Age Group 1 Year-Round	<b>Pick one option at registration</b> <ul style="list-style-type: none"> <li>• Monday, Wednesday, Friday 5:00 – 6:00 PM <b>OR</b></li> <li>• Wednesday 6:00 PM - 7:00 PM, Friday 7:00 - 8:00 PM</li> </ul>	Sept. 19, 2022 thru May 19, 2023
Age Group 2 (Fall Series)	<ul style="list-style-type: none"> <li>• Tuesday, Wednesday, Thursday 7:00 - 8:00pm</li> </ul>	<b>Fall:</b> Sept 19, 2022 – Nov.10, 2022
Age Group 2 Year Round	<b>Pick one option at registration</b> <ul style="list-style-type: none"> <li>• Monday, Wednesday, Friday 4:00pm - 5:30pm OR</li> <li>• Monday, Wednesday, Friday 5:30pm - 7:00pm OR</li> <li>• Tuesday, Thursday, Friday 4:00pm - 5:30pm OR</li> <li>• Tuesday, Thursday, Friday 5:30pm - 7:00pm</li> </ul>	Sept. 19, 2022 thru May 19, 2023
High School Prep (Fall Series)	<ul style="list-style-type: none"> <li>• Monday, Tuesday, Thursday 4:00 PM – 5:30 PM</li> </ul>	<b>Fall:</b> Sept 19, 2022 – Nov.10, 2022
Junior Training Group	<ul style="list-style-type: none"> <li>• Monday, Tuesday, Thursday 5:30 PM - 7:00 PM <b>and</b></li> <li>• Friday morning 5:00am - 6:30 AM <b>and</b></li> <li>• Saturday (when available) 7:30 – 9:30 AM</li> </ul>	Sept 19, 2022 thru July 28, 2023*
Senior Training Group	<ul style="list-style-type: none"> <li>• Monday, Tuesday, Thursday, Friday 4:00-5:30 PM <b>and</b></li> <li>• Wednesday 4:00 -6:00 PM <b>and</b></li> <li>• Saturdays (when available) 7:30 - 9:30 AM</li> <li>• Dryland: Wellness for Life Gym</li> </ul>	Sep 19, 2022 thru July 28, 2023*
Spring Tune-up	<b>Pick one option at registration</b> <ul style="list-style-type: none"> <li>• Monday, Tuesday, Thursday 4:30 – 5:30 PM</li> <li>• Tuesday, Wednesday, Thursday: 7:00 - 8:00 PM</li> </ul>	Mar- May (dates TBD)

\*practice for Junior and Senior Group will tentatively start outdoors at West Laurel Swim Club Tuesday Sept 6th