



2023

June Practice Schedule

Tuesday, May 30th thru Friday, June 30th

No PM practice on Thursday, June 1st for Swim-a-thon

No PM practice on Friday, June 2nd for Team Pictures

Schedules are subject to change as necessary for the team. You will be notified if there is any change to this schedule.

Piranhas Practice at the Elk Grove Aquatic Center Monday-Friday

Morning Practice

Time	Age Group
<i>Competition Pool and Teaching Pool</i>	
6-7 am	9/10's and 11/12's
6-7:45 am	13/14's and 15-18's
6:15-7 am	7/8's

Afternoon Practice

Time	Age Group
<i>Competition Pool</i>	
4-4:45 pm	7/8's
4-5:00 pm	9/10's & 11/12's
4-5:30 pm	13/14's & 15-18's (invited 11/12's)
4:45-5:30 pm	6u & 7/8's
5:00-6:15pm	9/10's & 11/12's
5:30-6:15 pm	6u & 7/8's (9/10's if unable to attend any other time)
6:15-7:30 pm	11/12's, 13/14's, & 15-18's

All practices are open. Swimmers may attend any workout within their age group. May switch times as needed as long as it is their age group.

Please see a coach if the time your child is scheduled to practice does not work for your schedule. Do not assume it is ok to go to another workout. We have set the schedule based on the number of participants in the different age groups. Some of our age groups are quite large. If we can accommodate the change we will. Sometimes it is not in the best interest of the child, if the age group you so desire to change them to is too advanced or too easy.