



2023 April Practice Schedule Monday, April 3rd thru Friday, April 28th

NO practice on Wednesday, April 12th and Thursday, April 20th and Friday, April 21st

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 Elk Grove Aquatic Center Monday-Friday

Time	Age Group
Competition Pool	
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	7/8's & 9/10's
5-5:30 pm	8u non-swimming
5:30-6 pm	6u swimming/8u non-swimming
5:30-6:15 pm	7/8's & 9/10's
6:15-7:30 pm	11/12's, 13/14's, & 15-18's

The 8u non-swimming group, will practice in the recreational/teaching pool April 3rd - 19th. All swimmers must be registered on the team to participate. In the event your swimmer cannot swim one lap (25 yards) unassisted by **Wednesday, April 19th without stopping, your registration fees would be refunded.**

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.