**2020 WAVES SWIM PRACTICE BEGINS: WED, JUNE 24**

**LAST PRACTICE IS FRI, JULY 24**

**Westridge WAVES - 2020 *(There may be future schedule changes to Waves and Ripples practice times as NOVA COVID-19 restrictions change)***

Practices Times:

* **45 mins long** (35 mins in water / 10 mins to clear pool area)
* Single Age’s will be assigned Practice Groups
* Daily Practice (Mon – Fri)

15-18 yr. old Age Group:  7:00 -7:45  am

13-14 yr. old Age Group:  7:45-8:30  am

11-12 yr. old Age Group:  8:30-9:15  am

9-10 yr. old Age Group:  9:15-10:00  am

8 & Under Age Group:  10:00-10:45  am

Estimated Team Size:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lap Pool- 4hr practice time | Leisure Pool- 3hr practice time | Total Swimmers |
| Phase 2 Numbers | -3 per lane = 18 in the pool  -5 groups (45 mins ea)  -**90 swimmers a day**  -Alternating groups  -**180 total** | -4 swimmers in pool  -6 groups (30 mins ea)  -**24 swimmers a day**  -Alternating groups  -**48 total** | **240** |
| Phase 3 Numbers | -4 per lane = 24 in the pool  -5 groups (45 mins ea)  -**120 swimmers a day**  -Alternating groups  -**240 total** | -5 swimmers in pool  -6 groups (30 mins ea)  -**30 swimmers a day**  -Alternating groups  -**60 total** | **300** |

**Ripples Schedule 2020 *(There may be future schedule changes to Waves and Ripples practice times as NOVA COVID-19 restrictions change)***

**Ripples Schedule 2020**

Ripples will be scheduled for 30 minute practices with a 1:1 swimmer to coach ratio.  Practice time will include 20 minutes in the water and 10 minutes to clear the pool deck.  Practice times are as follows and will be assigned by Coach Beth on a first come, first served basis.

8-8:30

8:30-9

9-9:30

9:30-10

10-10:30

10:30-11

Process:

* 8 parking spaces will be designated for Ripples parking in the *Red zone*
* Temperature check and health screening will be completed daily before moving to *Yellow Zone*
* Ripple & 1 parent will be released to *Yellow zone* to meet **Coach Beth & captain** (wearing mask/face shield)
  + Ripple parent permitted on lounge pool deck on opposite side from lesson location (across pool vs. on same side of lesson to allow space for instruction and focus)
  + No deck furniture provided.  Parents may bring their own chair.
* *Green zone* Ripple & captain will enter pool space for lesson - captain wearing in face shield