

Westridge WAVES – 2022

Practice Schedule

1. Practices:

After School Practices (Tuesday, 31 May – Wednesday, 15 June 2022)

- **WAVES Practices:**
 - 30 min Dry Land (**Must wear Running Shoes, Shorts, T-Shirt**)
 - 30 min Swimming
 - 15 – 18's (4:00 – 5:00 pm)
 - 13 – 14's (4:30 – 5:30 pm)
 - 8 & Under's (5:00 – 6:00 pm)
 - 9 – 10's (5:30 – 6:30 pm)
 - 11 – 12's (6:00 – 7:00 pm)
 - Tuesday, 31 May 2022: 8 & Under ONLY Practice, **including Ripples, (5:00 – 7:00 pm)**
 - Wednesday, 1 June 2022: First Day of entire Team Practice (**excluding Ripples**)
- RIPPLES Practice: Begins Thursday, 16 June 2022

Morning Practice Schedule

- **WAVES Practices: (Thursday, 16 June – Friday, 29 July 2022)**
 - 60 min (15 min dry land / 45 min swimming)
 - 15 – 18's (7:00 – 8:00 am)
 - 13 – 14's (7:45 – 8:45 am)
 - 8 & Under's (8:30 – 9:30 am)
 - 9 – 10's (9:15 – 10:15 am)
 - 11 – 12's (10:00 – 11:00 am)

RIPPLES Practice (Thursday, 16 June – Friday, 22 July 2022)

- Coach Beth / Megan will finalize Groups
 - Times based on Total #
- Will be held in Lounge Pool (8:00 – 11:00 am)
- Semi-Private lesson will be scheduled post evaluation on Tuesday, 31 May 2022
- Lesson:
 - Every other day on 2 week cycle
 - (1st week = 3 days / 2nd week = 2 days)
 - 4 yr. old & older = 25 min
 - 3 yr. old = 20 min / 1-on-1 instruction (**specifics are TBD and the coaches will contact families**)

- Private Lessons are available with Captain's in Lounge Pool (10:00 – 11:00 am)
 - Arrange directly with Captain (\$15.00/20 min)

Evening Practices (Monday, 20 June – Thursday, 21 July 2022)

- **MUST request evening practice via e-mail (eachristensen05@gmail.com) to Coach Beth**
- WAVES & RIPPLES:
 - Monday – Thursday (6:00 - 7:30 pm)(3 Lanes Total)
 - 9 – 18's (6:00 – 6:50 pm)(2 Lanes)
 - 8 & Under's (6:00 – 6:30 pm)(1 Lane)
 - RIPPLES Group 1 (6:30 – 7:00 pm)(1 Lane)
 - RIPPLES Group 2 (7:00 – 7:30 pm)(1 Lane)