

2017 Aqua Bears Practice Schedule

Schedule revised and final as of 4/25/2017

Pool Locations:

- Dougherty Valley Aquatic Center (DVAC): 10550 Albion Way (next to Dougherty High)
- San Ramon Olympic Pool (SROP): 9900 Broadmoor Avenue (next to Cal High)

Age Group	May 8 – May 20 Practice Location: DVAC	May 22 – June 2 Practice Location: DVAC No practice: Sat. 5/27 (Memorial Day) Mon. 5/29 (Memorial Day) Thurs. 6/1 (Last Day of School)	June 5 – July 14 Practice Location: SROP Make Up/Double Locations: Mon- DVAC, T/Th-SROP No practice: Mon. 7/3 and Tues. 7/4 (Fourth of July)	July 17 – 21 Practice Location: SROP
Cubs	N/A	N/A	M-Th: 11:30 am – 12:00 pm F: No practice	N/A
6U**	T/Th: 5:30 – 6:00 pm Sat: 12:30 – 1:00 pm	T/Th: 4:00 – 4:30 pm	M-Th: 11:00 – 11:30 am F: 10:30 – 11:00 am	Same schedule as June 5 to July 14, except swimmers who do not qualify for the VSL Championship will only practice on Monday and Tuesday of this week. (Swimmers who do qualify for the VSL Championship will practice on Monday through Friday of this week.)
7/8	T/Th: 6:00 – 6:30 pm Sat: 12:00 – 12:30 pm	T/Th: 4:30 – 5:00 pm	M-Th: 10:15 – 11:00 am F: 10:00 – 10:30 am	
9/10	T/Th/F: 6:30 – 7:30 pm Sat: 11:00 am – 12:00 pm	T/Th/F: 5:00 – 6:00 pm	M-Th: 10:00 – 11:00 am F: 9:15 – 10:00 am	
11/12	M/W/F: 5:30 – 6:30 pm Sat: 10:00 – 11:00 am	M/W: 4:00 – 5:00 pm F: 6:00 – 7:00 pm	M-Th: 9:15 – 10:15 am F: 9:00 – 9:45 am	
13/14	M/W: 6:30 – 7:30 pm Th: 7:00 – 8:00 pm Sat: 1:00 – 2:00 pm	M: 5:00 – 6:00 pm T: 6:00 – 7:00 pm W: 5:00 – 6:00 pm	M-Th: 8:45 – 10:00 am F: 8:15 – 9:15 am	
15-18	M/W: 6:30 – 7:30 pm Th: 7:00 – 8:00 pm Sat: 1:00 – 2:00 pm	M/T/W: 6:00 – 7:00 pm	M-Th: 8:00 – 9:15 am F: 8:00 – 9:00 am	
Make Up/ Double Practice	N/A	N/A	M: 5:30 - 6:30 pm DVAC T/Th: 7:00 – 8:00am SROP	

** 6Us who are new to the team or to the 6U age group must pass a swim evaluation with a coach *before starting 6U practice.*

Notes:

- Age group: A swimmer's "age group" is based on the swimmer's age on June 1, 2017. For example, if a swimmer is 8 on June 1st and turns 9 on June 2nd, his "swim age" is 8 and he should practice with the 7/8 age group for the entire season (May – July). Similarly, if a swimmer is 8 in May and then turns 9 on June 1st, then that swimmer's "swim age" is 9 and she should practice with the 9/10s for the entire season (May – July).
- Make Up/Double Practice: Swimmers may attend this practice *instead of or in addition to* their regular age group practice for a given day. Please note: this practice is run simultaneously for swimmers of ALL ages and with only one coach.
- Aqua Cubs: (1) Aqua Cubs practices do not start until June 5 for safety reasons. (2) Aqua Cubs do not participate in the Time Trials meet. (3) Aqua Cubs ages 5 and older are eligible to move into the 6U age group at the discretion of the Head Coach and Assistant Head Coach. (4) Aqua Cubs cannot attend make up/ double practices.