



## RSD Phase 2.5 Summer Practice Schedule effective 6-14-2021

Group	Day	Wave	Time
<b>Corvina</b>	Friday	1	4:00–4:40 pm
		2	4:45–5:25 pm
		3	5:30–6:10 pm
	Saturday & Sunday	1	10:45–11:25 am
		2	11:30–12:10 am
		3	12:15–12:55 am
<b>Zebra Shark</b>	Friday	1	4:00–4:40 pm
		2	4:45–5:25 pm
		3	5:30–6:10 pm
	Saturday & Sunday	1	11:30–12:10 am
		2	12:15–12:55 am
		3	1:00–1:40 am
<b>Leopard Shark</b>	Tuesday, Thursday, Friday	1	7:55–8:40 am
		2	8:45–9:30 am
<b>Red</b>	Monday & Wednesday	1	7:45–8:35 am
		2	8:40–9:30 am
	Friday & Sunday	1	9:40–10:30 am
		2	10:35–11:25 am
<b>White</b>	Tuesday & Thursday		2:50–3:50 pm
	Friday		1:45–2:45 pm
	Saturday	1	8:35–9:25 am
		2	9:30–10:20 am
<b>Blue</b>	Monday, Wednesday, Friday		2:50–3:50 pm
	Saturday		10:25–11:25 am
<b>Sr. Silver</b>	Tuesday & Thursday	1	6:40–7:30 pm
		2	7:35–8:25 pm
	Sunday	1	8:50–9:40 am
		2	9:45–10:35 am
<b>Sr. Gold</b>	Monday & Wednesday	1	6:40–7:30 pm
		2	7:35–8:25 pm
	Friday *both pools reserved – waves 1 & 2 will swim at the same time in different pools	1	6:15–7:05 pm
		2	6:15–7:05 pm

GREAT FUTURES START [HERE](#).



Please arrive a minimum of 10-minutes before the posted practice time to accommodate social distancing efforts and health checks prior to entry.



## RSD Phase 2.5 Summer Practice Schedule effective 6-14-2021

Group	Day	Wave	Time
<b>Sr. Red</b>	Monday, Tuesday, Thursday	1	9:35–10:35 am
		2	10:40–11:40 am
	Saturday		8:35–9:35 am
<b>Sr. White</b>	Monday through Thursday		6:40–7:50 pm
<b>Sr. Blue</b>	Monday through Thursday	Dryland t.b.a.	10:45–11:55 am
	Friday		7:35–8:45 am
<b>Champ Prep</b>	Monday through Thursday	Dryland t.b.a.	9:30–10:40 am
	Friday		6:20–7:30 am
<b>Championship</b>	Tuesday & Thursday		6:40–8:00 am
	Tuesday & Thursday		1:15–2:45 pm
	Monday & Wednesday	Swim 8:05–9:25 Dryland 9:25–10:25	8:05–9:25 am
	Friday		10:25–11:55 am
	Saturday –start time will alternate with National. The first weekend is at 7:15am, next weekend is 8:50...		7:15–8:45 am & 8:50–10:20 am
<b>National</b>	Monday & Wednesday		6:40–8:00 am
	Monday & Wednesday		1:15–2:45 pm
	Tuesday & Thursday	Swim 8:05–9:25 Dryland 9:25–10:25	8:05–9:25 am
	Friday		8:50–10:20 am
	Saturday –start time will alternate with Champ. The first weekend is at 8:50am, next weekend is 7:15...		8:50–10:20 am & 7:15–8:45 am
<b>College Swimmers &amp; HS Grads</b>	t.b.a.		

GREAT FUTURES START [HERE](#).



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