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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Lightning**  **Coaches rec: 5**  **– 8 practices per week** | 6:00 – 8:00 AM  4:30 – 6:00 PM | 4:00 – 6:00 PM | 6:00 – 8:00 AM  4:30 – 6:00 PM | 6:00 – 8:00 AM  Crossfit 5:00–6:00 PM | 6:00 – 7:30 AM  4:00 – 6:00 PM | 11:00 AM – 1:00 PM |
| **Senior 1**  **Coaches rec: 4 – 6 practices per week** | 6:00 – 8:00 AM  4:30 – 6:00 PM | 4:30 – 6:00 PM | 6:00 – 8:00 AM | 6:00 – 7:30 AM  4:30 – 6:00 PM | 6:00 – 7:30 AM  4:30 – 6:00 PM | 11:00 AM – 1:00 PM |
| **Senior 2**  **Coaches rec: 4 – 5 practices per week** | 6:00 – 8:00 AM | 4:30 – 6:00 PM | 6:00 – 8:00 AM  4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 11:00 AM – 1:00 PM |
| **Pre – Senior**  **Coaches rec: 3 – 4 practices per week** | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | OFF |
| **Firebolts 1**  **Coaches rec: 4 – 5 practices per week** | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 11:30 AM – 1:00 PM |
| **Firebolts 2**  **Coaches rec: 4 – 5 practices per week** | 4:00 – 5:00 PM | 4:00 – 5:00 PM | 4:00 – 5:00 PM | 4:00 – 5:00 PM | 4:00 – 5:00 PM | 11:30 AM – 1:00 PM |
| **Firebolts 3**  **Coaches rec: 3 – 4 practices per week** | 4:00 – 4:45 PM | 4:00 – 4:45 PM | OFF | 4:00 – 4:45 PM | 4:00 – 4:45 PM | OFF |
| **Sparks 1 Coaches rec: 3 – 4 practices per week** | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | OFF |
| **Sparks 2 Coaches rec: 3 – 4 practices per week** | OFF | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | OFF |
| **Sparks 3 Coaches rec: 2 –3 practices per week** | 4:00 – 4:45 PM | OFF | 4:00 – 4:45 PM | OFF | 4:00 – 4:45 PM | OFF |
| **Mini Sparks** | No practices at this time – Start date TBA | | | | | |
| As of right now the city has given us limited pool time. We are going to do our best to accommodate as many swimmers as possible while maintaining the city and USA Swimming safety guidelines. Our first priority is the safety of our swimmers and families. Hopefully, this is the last change we will have to make to the schedule this summer. The coaches practice recommendation is just a guideline to help swimmers find the correct number of practices to attend each week. It will vary by swimmer based on experience level, interest level and individual goals. Don’t hesitate to contact me wit questions or concerns. Coach Phoebe (208)521-6792 [pahiphoe@isu.edu](mailto:pahiphoe@isu.edu) | | | | | | |