

Winter 2022 – 2023
Starting November 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lightning (<i>Required</i> 6 practice per week)	5:30 – 7:30 AM 4:15 – 6:00 PM	5:30 – 7:30 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:30 AM 4:15 – 6:00 PM	5:30 – 7:30 AM 4:15 – 6:00 PM	6:00 – 8:00 AM (Jan. 7 th – Feb. 18 th Saturday Practice will be 5:00 - 6:00 AM)
Senior 1 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM 4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	
Senior 2 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM OR 4:15 – 6:00 PM	4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM OR 4:15 – 6:00 PM	4:15 – 6:00 PM	
Pre – Senior (Recommended 3-4 practice per week)	4:30 – 6:00 PM	4:30 – 6:00 PM	OFF	4:30– 6:00 PM	4:30 – 6:00 PM	OFF
Firebolts 1 (Recommended 4 -5 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	4:30 – 6:00 PM	6:30 – 8:00 AM (No Saturday practice Jan. 7 th – Feb 18 th)
Firebolts 2 (Recommended 3-4 practice per week)	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	OFF
Firebolts 3 (Recommended 2-4 practice per week)	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
Sparks 1 (Recommended 2-4 practice per week)	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
Sparks 2 (Recommended 2-3 practice per week)	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF

- Note the switch between Tuesday + Wednesday Morning Practice for the Senior groups
- Senior 1 + Senior 2 Afternoon Practice has been very well attended this fall, meaning our lanes have been crowded. If you are in these groups, please consider attending one or more morning practices.
- Feel Free to reach out with any questions or concerns. We are here to help every swimmer reach their goals! Voltageaquatics@gmail.com