

SPA Swim Team SC 2017-18 Practice Schedule

Competitive Training Groups

Senior 1

Monday/Wednesday/Friday: 3:30-5:30 PM at Club Sienna

Tuesday: 3:30-6:00 PM at Brushy Lakes

Tuesday/Thursday: 5:30 – 7:00 AM at Club Sienna

Thursday: 3:30-6:00 pm at Club Sienna

Saturday: 7:00-10:00 AM at Club Sienna

Senior 2

Monday/Wednesday/Friday: 3:30-5:30 PM at Club Sienna

Tuesday: 3:30-6:00 PM at Brushy Lakes

Tuesday: 5:30 – 7:00 AM at Club Sienna

Thursday: 3:30-6:00 pm at Club Sienna

Saturday: 7:00-10:00 AM at Club Sienna

Senior Prep

Monday/ Wednesday/ Friday: 6:00-8:00 PM at Club Sienna

Tuesday: 5:00 to 7:00 PM at Club Sienna

Wednesday: 6:00 to 7:30 AM at Brushy Lakes

Thursday: 5:00-7:00 PM at Brushy Lakes

Saturday: 8:30 to 10:30 AM at Club Sienna

Gold

Monday/Wednesday/Thursday/Friday: 5:00-6:30 PM at Club Sienna

Tuesday: 5:00-6:30 PM at Brushy Lakes

Saturday: 7:30-9:00 AM at Brushy Lakes

Silver

Monday/Wednesday/Thursday/Friday: 5:00 PM to 6:30 PM at Club Sienna

Tuesday: 5:00-6:30 PM at Brushy Lakes

Saturday: 7:30-9:00 AM at Brushy Lakes

Bronze 1

Monday/Wednesday/Thursday/Friday: 4:15 to 5:30 PM at Brushy Lakes

Tuesday: 4:15-6:30 PM at Club Sienna

Bronze 2

Monday/ Wednesday/ Friday: 5:30-6:30 PM at Brushy Lakes

Tuesday: 5:30-6:30 PM at Club Sienna

Developmental Training Groups

Black

Monday/Wednesday/Friday 6:30-8:00 PM at Club Sienna

White

Monday/Wednesday/Friday 6:00 to 7:00 PM at Brushy Lakes

Red A

Monday/Wednesday/Friday: 4:30 – 5:15 PM at Brushy Lakes

Red B

Monday/Wednesday/Friday: 5:15 – 6:00 PM at Brushy Lakes

Master's Program

Monday/Wednesday/Friday – 5:15-6:30am Club Sienna

Tuesday/Thursday – 9-10am Club Sienna

Saturday – 6-7am Club Sienna