



McFarland Spartan Sharks

2021-22 Fall/Winter Session

Swim Groups, Session Dates Practice Times

Swim Group	Session Dates	Practice Times
MINIS	9/7/21 – 2/17/22	T/TH 3:20 PM – 4:05 PM
KICKERS	9/7/21 – 2/17/22	M/W/F 3:20 PM – 4:05 PM
KICKERS - NOV 1 START	11/1/21 – 2/17/22	M/W/F 3:20 PM – 4:05 PM
TRAVELERS - 5 DAY	9/7/21 – 2/17/22	M- TH 3:20 PM – 4:20 PM & SAT 9 AM – 10:30 AM
TRAVELERS - 5 DAY NOV 1 START	11/1/21 – 2/17/22	M- TH 3:20 PM – 4:20 PM & SAT 9 AM – 10:30 AM
TRAVELERS 3 DAY	9/7/21 – 2/17/22	M- TH 3:20 PM – 4:20 PM & SAT 9 AM – 10:30 AM (Swimmers can attend 3 practices of their choice)
EXTREME – 6 DAY	9/7/21 – 2/17/22	M-TH 4:10 PM – 5:45 PM; F 5:15 PM – 6:30 PM & SAT 9 AM – 10:30 AM
EXTREME – 6 DAY NOV 1 START	11/1/21 – 2/17/22	M-TH 4:10 PM – 5:45 PM; F 5:15 PM – 6:30 PM & SAT 9 AM – 10:30 AM
EXTREME 3 DAY	9/7/21 – 2/25/22	M-TH 4:10 PM – 5:45 PM; F 5:15 PM – 6:30 PM & SAT 9 AM – 10:30 AM (Swimmers can attend 3 practices of their choice)
HS BOYS*	9/7/21 – 11/14/21 + 2 wks post HS season in Feb	M-TH 6:15 PM – 8:30 PM; F 5:15 PM – 6:30 PM & SAT 6 AM – 8 AM
HS GIRLS*	11/8/21 – 2/25/22	M-TH 6:15 PM – 8:30 PM; F 5:15 PM – 6:30 PM & SAT 6 AM – 8 AM
SENIOR 13-14	9/7/21 – 2/25/22	M-TH 4:30 PM – 6:30 PM; F 5:15 PM – 6:30 PM & SAT 6 AM – 8 AM
SENIOR 13- 14 NOV 1 START	11/1/21 – 2/25/22	M-TH 4:30 PM – 6:30 PM; F 5:15 PM – 6:30 PM & SAT 6 AM – 8
SENIOR 1	9/7/21 – 2/25/22	M-TH 6:15 PM – 8:30 PM; F 5:15 PM – 6:30 PM & SAT 6 AM – 8 AM

Please Note:

1. All swim practices are held at the Angie O'Donnell Aquatic Center (AOAC).
2. HS Boys and HS Girls groups practice with the Senior 1 group, but suspend their practice time to participate in their HS swim season.
3. The **Extreme Group** will incorporate short 10- to 15-minute **Dryland** workouts into the M-Th practice times.
4. The **HS Boys, HS Girls, Senior 1 and Senior 13/14** will also have **Dryland** practice during the M-Th practice schedule. Please contact Coach Nick with any specific questions about Dryland workouts or practice times.