

## 2024-2025 Practice Schedule

<b>SWIM LEVEL Coaches</b>	<b>MONDAYS VANASTRA Rebecca &amp; Agnes</b>	<b>TUESDAYS GODERICH Rebecca &amp; Wendy</b>	<b>WEDNESDAYS VANASTRA Rebecca, Kelli, &amp; Robyn</b>	<b>THURSDAYS GODERICH Wendy &amp; Cheryl</b>	<b>SATURDAYS VANASTRA Robyn, Kelli, Cheryl, and Maddie</b>
<b>Category 1</b> (Pre-competitive) 1 session per week 1 hour each		5:00-6:00 pm	5:30-6:30 pm	5:00-6:00 pm	8:00-9:00 am
<b>Category 2</b> (Pre-competitive) 2 sessions per week 1 hour each		5:00-6:00 pm	4:30-5:30 pm	5:00-6:00 pm	7:00-8:00 am
<b>Category 3</b> (pre-competitive) up to 3 sessions per week 2 hours each		4:45-7:00 pm	4:15-6:30 pm	4:45-7:00 pm	6:45-9:00 am
<b>Category 3</b> (Competitive) up to 3 sessions per week 2 hours each	4:45-7:00 pm	4:45-7:00 pm	4:15-6:30 pm	4:45-7:00 pm	6:45-9:00 am
<b>Category 4</b> (Competitive) 4 sessions per week 2 hours each	4:45-7:00 pm	4:45-7:00 pm	4:15-6:30 pm	4:45-7:00 pm	6:45-9:00 am
<b>Category 5</b> (Competitive) 5 sessions per week 2 hours each	4:45-7:00 pm	4:45-7:00 pm	4:15-6:30 pm	4:45-7:00 pm	6:45-9:00 am

\*NOTE: Schedule subject to change based on enrollment. The first 15 minutes of each practice for Category 3 and up will be dedicated to activation activities\*

