

Team Genesis Swim Club/LOVE Swimming

A Sports Ministry of Trinity Fellowship Church

2023-2024 Monthly & Weekly Swim Test(s) Schedule

Annual Swim Season Begins & Ends in August

Sunday Weekly	Monday 50 Test 1650/1500KB	Tuesday 100 Test	Wednesday 200 Test	Thursday 500 Test 1650/1500NKB	Friday	Saturday
August	12 Minute Swim	T- 30 Swim				
September	12 Minute Swim	8 X 100 Swim	Sprint Capacity			
October	12 Minute Swim	Lactate Tolerance				
November	12 Minute Swim	Barefoot 300				
December	12 Minute Swim	T-30 Swim	6 X 50 Kick			
January	12 Minute Swim	Sprint Capacity	8 X 50 Stroke			
February	12 Minute Swim	Lactate Tolerance	Kobayashi Maru			
March	12 Minute Swim	8 X 100 Swim				
April	12 Minute Swim	T-30 Swim	Kobayashi Maru			
May	12 Minute Swim	Sprint Capacity	Barefoot 300			
June	12 Minute Swim	Lactate Tolerance	6 X 50 Kick			
July	12 Minute Swim	8 X 50 Stroke				
August	12 Minute Swim	T-30 Swim				

Please check with your Coach or your 2023-2024 Annual Swim Calendar for exact: Date(s), time(s) & location(s) for monthly events including Swim Team Practice, Swim America Classes, Adult Aquatic Classes & Community Swim Clinic.

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Website: <https://loveswimming.org>

Our Annual Swim Calendar can be accessed on our Swim Team Website: <https://www.loveswimming.org>