

2010 Spring Practice Schedule

Group	Time	Pool	Description
Mini Rays	Swim 5:15-5:45	Rec	Pre Swim team Group
1	Swim 4:45-5:15	Rec	Swimmers who are new to the sport (mostly 6&U, some 7-8s)
2	Swim 4:00-4:45	Rec	Swimmers being introduced to all four strokes.
3	Dryland 3:20-3:30 Swim 3:30-4:30	Lap	Swimmers who have not yet mastered the rhythm of all four strokes.
4	Swim 4:30-5:45 Dryland 5:45-6:15	Lap	Experienced swimmers who've mastered all strokes, working on perfecting technique.
5	Dryland 5:15-5:45 Swim 5:45-7:00	Lap	Same as level 4 with more yardage.
6	Dryland 5:15-5:45 Swim 5:45-7:00	Lap	High School Swimmers