

Summer Practice Schedule 5/10/22

8 and Under:

6:15-6:20 - Get Organized in lanes with Kick Boards and Buoys
6:20-6:30- Warm Up
6:30-6:45- Backstroke Technique and Drills
6:45-7:00- Freestyle/Backstroke Kick and Swim Main Set

9 and Over:

7:00-7:05- Get organized in lanes with Kick Boards and Buoys
7:05-7:15- Warm Up
7:15-7:30- Backstroke Technique and Drills
7:30-7:55 Freestyle Kick and Swim Main Set

(Reminder: 9 and 10s have swim practice Saturday 12:00 – 1:30 to work on Starts and Butterfly)