

## **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)