

RICHMOND RACERS SWIM TEAM PRACTICE SCHEDULE

(September 5, 2017 through March 31, 2018)

Levels	Monday	Tuesday	Wednesday	Thursday	Friday
GREEN	4:30 – 5:30 PM		4:30 – 5:30 PM		
BLUE	4:30 – 5:30 PM		4:30 – 5:30 PM	4:30 - 5:30 PM (Optional Exchange, by request only)	
SILVER	4:30 – 5:30 PM <i>(1 lane, by request only)</i> or 5:30 – 6:30 PM <i>(primary)</i>		4:30 – 5:30 PM <i>(1 lane, by request only)</i> or 5:30 – 6:30 PM <i>(primary)</i>	4:30 - 5:30 PM (Optional Exchange, by request only)	4:30 – 5:30 PM
GOLD	5:30 – 7:00 PM		5:30 – 7:00 PM		4:30 – 5:30 PM
RED	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM
AG GOLD	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM
SENIOR	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM
RED/AG GOLD <i>(Available: 3 lanes. Est. 20-24 swimmers)</i>	4:30 – 6:00 PM (at CSAC, by request only)		4:30 – 6:00 PM (at CSAC, by request only)		

Notes: This practice schedule is subject to change.

- Swansboro Pool is located behind Swansboro Elementary School – **3160 Midlothian Turnpike (at 32nd street intersection)**.
- Test set will determine practice group levels Silver and above. Advancement may occur at any time during the year at the direction of Head Coach.
- Mon/Wed Silver time slot is **not** at the swimmer's weekly discretion. Choose a practice time and commit to same weekly.
- Thursday Bl/Slv Option Is **not** at the swimmer's weekly discretion. Must have requested and commit to optional practice schedule or give notice ahead of time with coach for other special circumstance(s). Any other practice schedule adjustments must be discussed with and approved by Head Coach.
- While practice participation is tracked, Richmond Racers does not set attendance standard or a minimum amount of practices required for a practice group.
- Swim fins are required (Some borrow fins available). Kick boards provided by Richmond Racers to be returned after each practice.