

# RICHMOND RACERS SWIM TEAM PRACTICE SCHEDULE

*(September 3, 2019 through May 31, 2020)*

Levels	Monday	Tuesday	Wednesday	Thursday	Friday
GREEN	4:30 – 5:15 PM <i>(Waves join by Invitation)</i>	No Practice	4:30 – 5:15 PM	No Practice	No Practice
BLUE	4:30 – 5:30 PM <i>(Waves join by Invitation)</i>	4:30 - 5:30 PM <i>(Optional Exchange, by request only)</i>	4:30 – 5:30 PM	4:30 – 5:30 PM <i>(Optional Exchange, by request only)</i>	No Practice
SILVER	4:30 – 5:30 PM Optional 5:30 – 6:30 <i>(by request, 1 Lane only)</i>	4:30 - 6:00 PM <i>(Optional Exchange, by request only)</i>	4:30 – 5:30 PM Optional 5:30 – 6:30 <i>(by request, 1 Lane only)</i>	4:30 – 6:00 PM <i>(Optional Exchange, by request only)</i>	4:30 – 6:00 PM <i>(Technique)</i>
RED	4:30 – 5:30 PM Optional 5:30 – 6:30 <i>(by request, 1 Lane only)</i>	4:30 – 6:00 PM	4:30 – 5:30 PM Optional 5:30 – 6:30 <i>(by request, 1 Lane only)</i>	4:30 – 6:00 PM	4:30 – 6:00 PM <i>(Technique)</i>
GOLD	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM	4:30 – 6:00 PM	4:30 – 6:00 PM <i>(Technique)</i>
AG GOLD	5:30 – 7:00 PM	6:00 – 8:00 PM <i>(limit 3 lanes)</i>	5:30 – 7:00 PM	6:00 – 8:00 PM <i>(limit 3 lanes)</i>	6:00 – 8:00 PM <i>(Freaky Fast Fridays)</i>
JUNIOR	5:30 – 7:00 PM	6:00 – 8:00 PM <i>(limit 3 lanes)</i>	5:30 – 7:00 PM	6:00 – 8:00 PM <i>(limit 3 lanes)</i>	6:00 – 8:00 PM <i>(Freaky Fast Fridays)</i>
SENIOR	5:30 – 7:00 PM	6:00 – 8:00 PM <i>(limit 3 lanes)</i>	5:30 – 7:00 PM	6:00 – 8:00 PM <i>(limit 3 lanes)</i>	6:00 – 8:00 PM <i>(Freaky Fast Fridays)</i>
<b>Saturday (as available):</b> Strength/conditioning training at Hotchkiss Community Center Weight Room. 701 E. Brookland Park Boulevard. After 1:00 PM, 13 & Over Swimmers only.					

**Notes:** Practice schedule is subject to change.

- Swim fins are required (a limited # of fins are available to borrow). Kick boards/pull bouys provided, to be returned after each practice.
- Test set will determine practice group advancement to Silver and above. Advancement at any time at the direction of Group Coach.
- Tues/Thurs Optional practice is **not** at the swimmer's weekly discretion. Offered only to Swimmers in identified practice group who **CANNOT** make the Mon/Wed. regular scheduled session due to another conflict. Swimmer must commit to this alternate schedule in respect to the coach and other swimmers in the group.
- Silver & Red Group Flex Session (5:30 – 6:30 M/W) available by request only for swimmers/parents who CANNOT make the 4:30 session due to time conflicts. Limited to one (1) lane as our membership numbers and lane space permits.
- 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 Group Coach and Head Coach.