



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WBA YMCA Mariner Swim Team Practice Times

Mondays

4:15- 6:45 p.m. Advanced practice**
4:15 - 5:15 p.m. Studio workout
5:30 - 6:45 p.m. Swimming
These swimmers may stay for the 6:45-7:30 stroke development if they wish
This practice is open to Red and above swimmers.

6:00 - 7:30 p.m. All Mariner Swimmers
6:00 - 6:30 p.m. Dryland
6:45 - 7:30 p.m. Stroke development

Tuesdays/Thursdays

3:30 - 5:30 p.m. Advanced Practice
Must be in the pool by 3:40 p.m. or you will not be allowed to participate.
Blue and Above swimmers/ Red with Permission

5:30 - 6:30 p.m. Mini mariners
5:30 - 6:45 p.m. Green swimmers
6:15 - 7:45 p.m. Red and above swimmers

The days the high school swim team has a meet we will have a dryland style practice for all swimmers from 5:30 - 6:30 p.m. This will be posted on the monthly calendar.

Wednesdays

4:15- 6:45 p.m. Advanced practice**
4:15 - 5:15 p.m. Studio workout
5:30 - 6:45 p.m. Swimming
These swimmers may stay for the 6:45-7:30 stroke development if they wish
This practice is open to Red and above swimmers.

6:00 - 7:30 p.m. Green and above swimmers
6:00 - 6:30 p.m. Dryland
6:45 - 7:30 p.m. Stroke development

Fridays

3:45 - 4:45 p.m. Studio Workout: All Mariners 6th grade and older
5:00 - 6:30 p.m. Green A and above practice

Sundays

4:00 - 5:30 p.m. All Mariners!



** The Monday and Wednesday Advanced practice starts at 4:15 with a studio class. **This is not an optional portion of that practice for those who are 6th grade and above.** If a swimmer cannot get to the pool in time for that portion, but is eligible and wants to swim the 5:30- 6:45 portion, a parent needs to talk to a coach to have that approved. Those eligible swimmers who are 5th grade and below cannot participate in the advanced studio at 4:15