

Saline Swim Team

Please Note: The schedule below is an outline only. There will be weekly adjustments as we work around facility events, the number of training days will vary. A two week schedule will be published each week please pay attention to "Week Ahead" emails.

*** All Training will take place at Saline High School unless otherwise indicated ***

*** Swimmers are to report to the pool 10 minutes before their scheduled time***

Long Course 2024 (April 2 - June 9)

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|--|---|---|-------------------------------------|-----|
| Senior: L: 4-5p W:5-7p | Senior: W: 5-7p | Senior: L: 4-5p W:5-7p | Senior: W: 5-7p | Senior: L: 4-5p W:5-7p | Senior: W:8-10a | |
| Platinum: L: 5:30-6:30 W: 6:30-8p | Platinum: W: 6:30-8p | Platinum: L: 5:30-6:30 W: 6:30-8p | Platinum: W: 6-8p | Platinum: L: 5:30-6:30 W: 6:30- 8p | Platinum: W: 8-10a | |
| Steel: W: 7-8p | Steel: W: 7-8p | Steel: W: 7-8p | Steel: W: 7-8p | Steel: W: 7-8p | | |
| Gold: W:5-6:30p | Gold: L: 4-5p W:5-6:30p | Gold: W:5-6:30p | Gold: L: 4-5p W: 5-6 p | Gold: L: 4-5 p W:5-6:30p | Gold: W: 8-9:30a | |
| Silver: W: 6:30-8 pm | Silver: L: 4-5 pm W:5-6 pm | | Silver: L: 4-5 pm W:5-6 pm | Silver: W:5-6p | Silver: W: 9:30-11a | |
| | Bronze 2: W:7-8p | Bronze 2: W:7:15-8p | Bronze 2: W:7-8p | Bronze 2: W:7-8p | Bronze 2: W:10-11a | |
| | Bronze 1: W:6-7p | Bronze 1: W: 6:30 7:15p | Bronze 1: W: 6-7p | Bronze 1: W: 6-7p | Bronze 1: W: 10-11a | |
| Mini-Ray 2: W: 5:45-6:30p | | Mini-Ray 2: W: 5:45-6:30p | | | Mini-Ray 2: W: 11-11:45a | |
| Mini-Rays 1: W: 5-5:45p | | Mini-Rays 1: W: 5-5:45p | | | Mini-Rays 1: W: 11-11:45a | |

Long Course 2024 (June 11- July 28) *Practice times subject to change based on group size

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------------------------------|--|---------------------------------------|--|---------------------------------------|------------------------------|-----|
| Senior: L+W: 7-10a | Senior: W: 8-10a W: 3:30-5p | Senior: L+W: 7-10a | Senior: W: 8-10a W: 3:30-5p | Senior: L+W: 7-10a | Senior: W:8-10a | |
| Platinum: L+W: 7-10a | Platinum: W: 8-10a W: 3:30-5p | Platinum: L+W: 7-10a | Platinum: W: 8-10a W: 3:30-5p | Platinum: L+W: 7-10a | Platinum: W: 8-10a | |
| Steel: W: 6-7p | Steel: W: 4-5p | Steel: W: 6-7p | Steel: W: 4-5p | Steel: W: 6-7p | | |
| Gold: L: 4-5p W:5-6:30p | Gold: W:5-6:30p | Gold: L: 4-5p W: 5-6:30p | Gold: W: 5-6:30 | Gold: L: 4-5p W: 5-6:30p | | |
| Silver: L: 4-5p W: 5-6p | Silver: W:5-6:30p | Silver: L: 4-5p W: 5-6p | Silver: W: 5-6:30 | Silver: L: 4-5p W: 5-6p | | |
| Bronze 1: W: 6-7p | Bronze 1: W: 5-6p | Bronze 1: W: 6-7p | Bronze 1: W: 5-6p | Bronze 1: W: 6-7p | | |
| Bronze 2: W: 6-7p | Bronze 2: W: 5-6p | Bronze 2: W: 6-7p | Bronze 2: W: 5-6p | Bronze 2: W: 6-7p | | |
| Mini-Rays 1: W: 5-6p | | Mini-Rays 1: W: 5-6p | | Mini-Rays 1: W: 5-6p | | |
| Mini-Ray 2: W: 5-6p | | Mini-Ray 2: W: 5-6p | | Mini-Ray 2: W: 5-6p | | |

