

Saline Swim Team

Week Ahead April 3-16

Please note the highlights, these are changes to the schedule outline.

*** 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***

L = Land practice

Mon 4/3	Tue 4/4	Wed 4/5	Thu 4/6	Fri 4/7	Sat 4/8	Sun 4/9
Senior: L: 4-5p W:5-7p	Senior: W: 5-7p	Senior: L: 4-5p W:5-7p	Senior: W: 3:30-5	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: 3:30-5	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	No practice home Girls polo Game		Steel: W: 8-9a	
Gold: W:5-6:30p	Gold: L: 4-5p W:5-6:30p	Gold: W: 5-6:30p		Gold: W: 5-6:30p L: 6:30-7:30p	Gold: W: 10-11:30a	
Silver: W: 6:30-8p	Silver: L:4-5p W:5:00-6:30p	Silver: W:7-8 pm		Silver: W:5:00-6:30p L: 6:30-7:30p	Silver: W: 10-11:30a	
	Bronze: W: 6:30-7:30p	Bronze: W: 6:30-7:45p		Bronze: W: 6:30-7:45p	Bronze: W: 9-10a	
Mini-Rays 1: W: 5-5:45p		Mini-Rays 1: W: 5-5:45p			Mini-Rays 1: W: 10-10:45a	
Mini-Ray 2: W: 5:45-6:30p		Mini-Ray 2: W: 5:45-6:30p		Mini-Ray 2: W: 10:45-11:30a		
Mon 4/10	Tue 4/11	Wed 4/12	Thu 4/13	Fri 4/14	Sat 4/15	Sun 4/16
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: 8-9a	
Gold: W:5-6:30p	Gold: L: 4-5p W:5-6:30p	Gold: W: 5-6:30p	Gold: L: 4-5p W: 5-6p	Gold: W: 5-6:30p L: 6:30-7:30p	Gold: W: 10-11:30a	
Silver: W: 6:30-8p	Silver: L:4-5p W:5:00-6:30p		Silver: L:4-5p W:5:00-6:30p	Silver: W:5:00-6:30p L: 6:30-7:30p	Silver: W: 10-11:30a	
	Bronze: W: 6:30-7:30p	Bronze: W: 6:30-7:45p	Bronze: W: 6:30-7:30p	Bronze: W: 6:30-7:45p	Bronze: W: 9-10a	
Mini-Rays 1: W: 5-5:45p		Mini-Rays 1: W: 5-5:45p			Mini-Rays 1: W: 10-10:45a	
Mini-Ray 2: W: 5:45-6:30p		Mini-Ray 2: W: 5:45-6:30p			Mini-Ray 2: W: 10:45-11:30a	