

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 10- 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: 7-9a W: 3:30-5p	Senior: L+W: 7-10a	Senior: W: 7-9a W: 3:30-5p	Senior: L+W: 7-10a	Senior: W:8-10a	
Platinum: L+W: 7-10a	Platinum: W: 7-9a W: 3:30-5p	Platinum: L+W: 7-10a	Platinum: W: 7-9a 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		

