

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. 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 2025 (March 31 - June 8)

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: L: 7-8a 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 1&2: W: 7-8p	Steel 1&2: W: 7-8p	Steel 1&2: W: 7-8p	Steel 1&2: W: 7-8 p	Steel 1&2: W: 7-8p	Steel 2 (only): W: 11- Noon	
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 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	