

Marlins 2017-2018 SCY Practice Schedule

Mountain View Aquatic Center

Please come at your selected **days** and **times** per week. Please be early so you can start on time (be early by 10 minutes). We will start each session on time and end on time. Please participate in the number of per-week practice sessions allowable at your achieved level. **How to use this schedule:** *Note the level of your swimmer. Note the duration and number of practices allowed per week for that level. Choose days and times to make a schedule for your swimmer. Please avoid breaking into practice at unscheduled times.*

Senior Levels: **High Performance** 11x/WK **National** 10x/WK **Giant** 8x/WK
Monday—Friday am 5:30am-7:00am
Monday--Friday pm 4:00pm-6:00pm
Saturday am 8:00am-10:00am

Junior Levels: **Junior 1** 6x/WK **Junior 2** 5x/WK
Monday--Friday am 5:30am-7:00am
Monday--Friday pm 2:45pm-4:15pm
 4:15pm-5:45pm
 5:00pm-***6:30pm**
Saturday-- 10:00am -11:30am

Advanced-Developmental: 5x/WK
Monday--Friday am 6:45am-8:00am MVAC only

Developmental Levels:
Dev. 1 Monday--*Friday 2:45pm-4:00pm 75min **Dev. 1** practices 4x75min/ WK
 4:00pm-5:15pm
 5:15pm-6:30pm
Dev. 2 Monday--*Friday 2:45pm-3:45pm 60min **Dev. 2** practices 3x60min/ WK
 5:30pm-6:30pm
Dev. 3 Monday—*Friday 2:45pm-3:30pm 45min **Dev. 3** practices 2x45min/ WK
 3:30pm-4:15pm
All Dev. Groups Sat-- 10:00am-11:30am

***Friday evening is the exception; all practices will end by 6:00pm on Fridays**

Discovery Levels: **Discovery 1** 3x45min/ WK **Discovery 2** 2x45min/ WK **Discovery 3** 1x45min/ WK
Monday--Thursday 2:45pm-3:30pm 45min
 3:30pm-4:15pm 45min
 5:45pm-6:30pm 45min
Saturday-- 10:00am-10:45am 45min
 10:45am-11:30am 45min