

## Marlins 2018-2019 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