

| 2023 - 24 Competitive Year-Round Swim Team Groups | Schedule | Dates |
|---|--|------------------------------------|
| Beginner Mini (M1) | Pick one option at registration (2 or 3 Days) <ul style="list-style-type: none"> ● Monday, Wednesday 6:00 - 7:00 PM, Friday 7:00 - 8:00 PM OR ● Tuesday, Thursday 6:00 - 7:00 PM, Friday 7:00 - 8:00 PM | September 18, 2023 - May 17, 2024 |
| Advance Mini (M2) | Pick 3 or 4 Days <ul style="list-style-type: none"> ● Monday/Wednesday/Friday 6:00 - 7:00 PM ● Tuesday/Thursday 5:30 - 7:00 PM ● Saturday (when available) 8:00 – 9:30 AM | September 18, 2023 - May 17, 2024 |
| Developmental Age Group (DAG) | Pick 2 or 3 Days <ul style="list-style-type: none"> ● Monday/Wednesday/Friday 5:00 - 6:00 PM | September 18, 2023 - May 17, 2024 |
| Age Group 1 (AG1) | Pick 3 or 4 Days <ul style="list-style-type: none"> ● Monday/Tuesday/Thursday/Friday 4:30 - 5:30 PM ● Wednesday 6:00 - 7:00 PM ● Saturday (when available) 8:00 - 9:30 AM | September 18, 2023 - May 17, 2024 |
| Age Group 2 (AG2) | Pick one option at registration <ul style="list-style-type: none"> ● Monday, Tuesday, Thursday, Friday 4:30pm - 5:30pm OR ● Monday, Wednesday, Friday 5:30pm - 7:00pm OR ● Tuesday, Thursday, Friday 5:30pm - 7:00pm | September 18, 2023 - May 17, 2024 |
| Junior Training Group (JTG) | <ul style="list-style-type: none"> ● Monday 5:00 - 7:00 PM ● Tuesday/Thursday 5:30 PM - 7:00 PM ● Friday Morning 5:00 AM - 6:30 AM ● Saturday (when available) 7:30 – 9:30 AM | September 18, 2023 - July 26, 2024 |
| Senior Prep (SP) | <ul style="list-style-type: none"> ● Tuesday/Wednesday/Thursday 4:00 - 5:30 PM ● Friday 4:00 - 6:00 PM | September 18, 2023 - May 17, 2024 |
| Senior Training Group (STG) | <ul style="list-style-type: none"> ● Monday, Tuesday, Thursday, 4:00-5:30 PM ● Wednesday, Friday 4:00 - 6:00 PM ● Saturdays (when available) 7:30 - 9:30 AM | September 18, 2023 - July 26, 2024 |

| 2023 - 24 Seasonal Swim Team Groups | Schedule | Dates |
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| High School Prep (HSP) | Tuesday, Thursday, Friday 4:30-5:30 PM | September 19, 2023 – November 10, 2023 |
| Developmental Mini (DM) | <p>Pick 1 or 2 Days</p> <ul style="list-style-type: none"> ● Series 1 (10 weeks): <ul style="list-style-type: none"> ○ Tuesday/Wednesday/Thursday/Friday 7:00 - 8:00 PM ● Series 2 (8 weeks): <ul style="list-style-type: none"> ○ Friday 7:00 - 8:00 PM ● Series 3 (11 weeks): <ul style="list-style-type: none"> ○ Tuesday/Wednesday/Thursday/Friday 7:00 - 8:00 PM | <ul style="list-style-type: none"> ● Series 1 (10 weeks): <ul style="list-style-type: none"> ○ Sep 19-21, 26-29. Oct 3-6, 10-12, 17-20, 24-27, 31. Nov 1-3, 7-9, 17. Dec 8, 15. ● Series 2 (8 practices): <ul style="list-style-type: none"> ○ Jan 5, 12, 19, 26. Feb 2, 9, 16, 23. ● Series 3 (11 weeks): <ul style="list-style-type: none"> ○ Mar 5-8, 12-15, 19-21. April 2-5, 9-12, 16-19, 23-26, 30. May 1-3, 7-10, 14-17. |
| Stroke Clinic (SC) | <ul style="list-style-type: none"> ● Series 1 (10 weeks): <ul style="list-style-type: none"> ○ Friday 7:00 - 8:00 PM ● Series 2 (8 weeks): <ul style="list-style-type: none"> ○ Friday 7:00 - 8:00 PM ● Series 3 (11 weeks): <ul style="list-style-type: none"> ○ Friday 7:00 - 8:00 PM | <ul style="list-style-type: none"> ● Series 1 (8 practices): <ul style="list-style-type: none"> ○ Sep 29. Oct 6, 20, 27. Nov 3, 17. Dec 8, 15. ● Series 2 (8 practices): <ul style="list-style-type: none"> ○ Jan 5, 12, 19, 26. Feb 2, 9, 16, 23. ● Series 3 (7 practices): <ul style="list-style-type: none"> ○ March 8, 15. April 5, 12, 19, 26. May 3, 10, 17. |