

2023-24 WA Short Course Season Practice Schedule						
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	6:00-7:45 am swim 4:00-6:00 swim	4:00-7:00 sw&dry	5:45-8:15 am swim	4:00-7:00 sw&dry	6:00-7:45 am 4:00-5:30 pm	7:00-9:00 am swim 9:00-10:00 am dry
AG Elite	4:00-6:00pm	4:00-5:45pm swim 5:45-6:30pm Dry	4:00-6:00 pm	4:00-5:45pm swim 5:45-6:30pm Dry	4:00-6:00 pm	7:00-9:00 am 9:00-10:00 dry (w. SR)
*AG Adv.	6:00-7:30 pm	5:30-7:30pm dry-land & swim	4:00-5:30 pm	5:30-7:30pm dry-land & swim	4:00-5:30 pm	9:00-10:30am
*AG1	6:00-7:30 pm	5:30-7:30pm dry-land & swim	4:00-5:30 pm	5:30-7:30pm dry-land & swim	4:00-5:30 pm	9:00-10:30am
AG2	6:45-7:45 pm	6:30-7:30 pm	5:30-6:30 pm	off	5:30-6:30 pm	9:00-10:00 am w. AG1
DEV	6:00-6:45 pm	off	5:30-6:15 pm	6:30-7:15 pm	5:30-6:15 pm	

* Age Group Advanced and Age Group 1 will mirror each others schedules and often practice together. Biggest difference will back lack of breaks between blocks and the ability for staff to challenge the older and/or more advanced athletes more.