

Beach Swim Club

Spring 2009 Workout Schedule

Regular & Special Events Practice Schedule

Please arrive 15 minutes early so you can stretch and be in the water on time.

Pre-Team: 2 Sessions M/W or T/Th

4:15 - 5:30 pm Dryland

5:30 - 6:00 pm Swim

Age group levels are provided 5 workouts per week. Please attend as many workouts as possible for your own improvement. Workouts are generally a shared percentage of dryland and swimming. All athletes including Level 1's should come prepared to both swim and participate in dryland activities. This is due in part to the unannounced special events that sometimes occur at the Belmont facility.

Age Group Levels 1 - 3: Monday thru Friday

4:15 - 5:30 pm Level 1 - 3 Dryland

5:30 - 6:00 pm Level 1 - 2 Swim

5:30 - 6:00 pm Level 3 Swim

Senior Group Levels 4 - 6 & Masters:

Level 6

3:15 - 6:30 pm Monday thru Friday Swim/Dryland

5:30 - 7:00 am Tuesday and Friday Swim

3:00 - 6:00 pm Tuesday and Thursday Victoria Park

Level 5

3:15 - 6:30 pm Monday thru Friday Swim/Dryland

5:30 - 7:00 am Tuesday and Friday Swim

All Level 4 athletes are provided 5 workouts per week. Attend as many workouts as possible for maximal improvement. Level 5 athletes are provided 6 workouts per week and on occasion will be given the opportunity to swim up with the Level 6 athletes. All Level 5 athletes are expected to miss no more than one workout per week. All Level 6 athletes are provided 8-9 workouts per week. Every Level 6 athlete is expected to attend each and every workout due to the energy system and stroke cycling utilized during every workout. Bring all necessary gear.

NOTE: Schedule subject to change depending on the Belmont Pool schedule and Coaches discretion.