

Junior Performance Practice Schedule

Monday - Friday: Legends Aquatic Center, Berkeley, CA

Saturday: Springwood Swim Club, Concord, CA

Monday

→ 5:00pm - 7:00pm

Tuesday

→ 5:30pm - 7:00pm

Wednesday

→ 5:00pm - 7:00pm

Thursday

→ 5:30pm - 7:00pm

Friday

→ 5:00pm - 7:00pm

Saturday:

→ 9:00am - 11:00am

Arrive 15 minutes before practice start time for activation / jump rope

Equipment Needed:

- Fins (Preferred: Arena Powerfin Pro II)
- Paddles
- Snorkel
- Kickboard
- Buoy
- Jump rope



Junior I & II Practice Schedule

Monday - Friday: Legends Aquatic Center, Berkeley, CA

Saturday: Springwood Swim Club, Concord, CA

Junior I

Monday

→ 5:00pm - 7:00pm

Tuesday

→ 5:30pm - 7:00pm

Wednesday

→ 5:00pm - 7:00pm

Thursday

→ 5:30pm - 7:00pm

Friday

→ 5:00pm - 7:00pm

Saturday

→ 9:00am - 11:00am

Junior II

Tuesday

→ 5:30pm - 7:00pm

Thursday

→ 5:30pm - 7:00pm

Saturday

→ 9:00am - 11:00am

Equipment Needed: Junior I

- Fins (Preferred: Arena Powerfin Pro II)
- Paddles
- Snorkel
- Kickboard
- Buoy
- Jump rope

Equipment Needed: Junior II

- Fins
- Kickboard
- Buoy



Senior Performance Practice Schedule

(Through 08/10, BHS morning sessions TBD)

- ★ **Bring Race Kit Monday's and Tuesday's**
 - ★ **Lift Specific Exceptions: Nick, Kenny, Khanh**
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Sunday

- 3:00pm - 6:00pm Swim @ Legends
- Or 5:00pm - 6:00pm Lift

Monday & Wednesday

- 4:30pm - 7:00pm @ Legends

Tuesday & Thursday

- 4:30pm - 7:30 Swim @ Legends
- Dryland @ Edwards **TBD**

Friday

- 4:30pm - 7:30pm Swim @ Legends
- Dryland until 8:00pm @ Legends or Edwards

Saturday

- 9am - 11:00am AQUABRED
- 11:15 - 12:30 dryland @ Springwood



Senior I & II Practice Schedule

Monday - Friday: Legends Aquatic Center, Berkeley, CA

Saturday: Springwood Swim Club, Concord, CA

Senior I

Monday

→ 5:00pm - 7:00pm

Tuesday

→ 5:00pm - 7:00pm

Wednesday

→ 5:00pm - 7:00pm

Thursday

→ 5:00pm - 7:00pm

Friday

→ 5:00pm - 7:00pm

Saturday

→ 9:00am - 11:00am

Senior II

Monday

→ 5:30pm - 7:00pm

Wednesday

→ 5:30pm - 7:00pm

Friday

→ 5:30pm - 7:00pm

Equipment Needed: Senior I

- Fins (Preferred: Arena Powerfin Pro II)
- Paddles
- Snorkel
- Kickboard
- Buoy
- Jump rope

Equipment Needed: Senior II

- Fins
- Paddles
- Snorkel
- Kickboard
- Buoy
- Jump rope

