

JUNIOR PERFORMANCE



PRACTICE SCHEDULE

Monday–Friday: Legends Aquatic Center, Berkeley, CA

Saturday: Springwood Swim Club, Concord, CA

SCHEDULE

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 — SCHEDULE

Monday	→ 5:00–7:00pm
Tuesday	→ 5:30–7:00pm
Wednesday	→ 5:00–7:00pm
Thursday	→ 5:30–7:00pm
Friday	→ 5:00–7:00pm
Saturday	→ 9:00–11:00am

EQUIPMENT

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

JUNIOR II — SCHEDULE

Tuesday	→ 5:30–7:00pm
Thursday	→ 5:30–7:00pm
Saturday	→ 9:00–11:00am

EQUIPMENT

- Fins
- Kickboard
- Buoy

SENIOR PERFORMANCE

PRACTICE SCHEDULE



Through 08/10 — BHS morning sessions TBD

★ Bring Race Kit Mondays & Tuesdays ★ Lift Specific Exceptions: Nick, Kenny, Khanh

SCHEDULE

Sunday	→ 3:00–6:00pm Swim @ Legends → Or 5:00–6:00pm Lift
Monday & Wednesday	→ 4:30–7:00pm @ Legends
Tuesday & Thursday	→ 4:30–7:30pm Swim @ Legends → Dryland @ Edwards TBD
Friday	→ 4:30–7:30pm Swim @ Legends → Dryland until 8:00pm @ Legends or Edwards
Saturday	→ 9:00–11:00am AQUABRED → 11:15am–12:30pm Dryland @ Springwood

SENIOR I & II

PRACTICE SCHEDULE



Monday–Friday: Legends Aquatic Center, Berkeley, CA

Saturday: Springwood Swim Club, Concord, CA

SENIOR I — SCHEDULE

Monday	→ 5:00–7:00pm
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Tuesday	→ 5:00–7:00pm
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Wednesday	→ 5:00–7:00pm
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Thursday	→ 5:00–7:00pm
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Friday	→ 5:00–7:00pm
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Saturday	→ 9:00–11:00am
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EQUIPMENT

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

SENIOR II — SCHEDULE

Monday	→ 5:30–7:00pm
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Wednesday	→ 5:30–7:00pm
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Friday	→ 5:30–7:00pm
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EQUIPMENT

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