JUNIOR

PRACTICE SCHEDULE

GOLDEN STATE AQUATIC

Monday–Friday:
Legends Aquatic Center, Berkeley, CA

Saturday:
Springwood Swim Club, Concord, CA

SCHEDULE

Monday	**5:00 PM – 7:00 PM**
	Dryland or Running at Track ➔ **After Swim**
Tuesday	**5:30 PM – 7:00 PM**
	JUNIOR PERFORMANCE ➔ 5:00 PM – 7:00 PM
Wednesday	**5:15 PM – 7:00 PM**
	Dryland Before Swim ➔ **4:45 PM - 5:10 PM**
Thursday	**5:30 PM – 7:00 PM**
	JUNIOR PERFORMANCE ➔ 5:00 PM – 7:00 PM
Friday	**5:00 PM – 7:00 PM**
	Dryland or Running at Track ➔ **After Swim**
Saturday	**9:30 AM – 11:00 AM**
	Dryland Before Swim ➔ **9:00 AM - 9:30 AM**

Arrive 15 minutes before practice start time for jump rope & jump rope

EQUIPMENT NEEDED

- Fins (Preferred: Arena Powerfin Pro II)
- Paddles
- Snorkel
- Kickboard
- Buoy
- Jump rope
- O2 Trainer - **JUNIOR PERFORMANCE**

JUNIOR II - DEVELOPMENT

PRACTICE SCHEDULE

GOLDEN STATE AQUATIC

Monday–Friday:
Legends Aquatic Center, Berkeley, CA

Saturday:
Springwood Swim Club, Concord, CA

SCHEDULE

Tuesday	**5:30 PM – 7:00 PM**
Thursday	**5:30 PM – 7:00 PM**
Saturday	**9:30 AM – 11:00 AM**

EQUIPMENT NEEDED

- Fins
- Kickboard
- Buoy

SENIOR PERFORMANCE

PRACTICE SCHEDULE

GOLDEN STATE AQUATIC

Monday–Friday:
Legends Aquatic Center, Berkeley, CA

Saturday:
Tier I - Legends Aquatic Center, Berkeley, CA
Tier II - Springwood Swim Club, Concord, CA

Sunday:
Tier I - Springwood Swim Club, Concord, CA

★ Bring Race Kit Mondays & Tuesdays

SCHEDULE

Sunday	**Tier I ➔** AQUABRED **9:30 AM – 1:00 PM**
	Tier II ➔ Independent Lift, Lesson, or AQUABRED **(Check with coach)**
Monday - Friday	**4:30 PM – 7:30 PM**
Saturday	**Tier I ➔** Swim + Dryland **11:30 AM – 1:00 PM**
	Tier II ➔ 9:00 AM – 11:00 AM

SENIOR

PRACTICE SCHEDULE

GOLDEN STATE AQUATIC

Monday–Friday:
Legends Aquatic Center, Berkeley, CA

Saturday:
Springwood Swim Club, Concord, CA

SENIOR SCHEDULE

Monday	**5:00 PM – 7:00 PM**
Tuesday	**5:30 PM – 7:00 PM**
Wednesday	**5:00 PM – 7:00 PM**
Thursday	**5:30 PM – 7:00 PM**
Friday	**5:00 PM – 7:00 PM**
Saturday	**9:30 PM – 11:00 AM**

EQUIPMENT

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