

## SwimStrongsville Practice Schedule

### **June 1 to June 8 – Outdoors, all groups at High Point**

Practices for all groups will be in the late evening from 6:00 to 8:00 pm

### **June 10 to July 16 – Outdoors:**

**Senior** is at **High Point** M – F but may attend **Longbrooke** M,W

**Elite** is at **Westwood Farms** M – F but may attend **Longbrooke** M,W

**Performance** and **Development** are at **Westwood Farms** M – F

**SSL Boost** may attend either **High Point** or **Westwood Farms**

Practices will be in the early morning – (all time are am):

Senior:	M, W	6:00 – 8:00 High Point OR Longbrooke
	T, TH	6:00 – 8:30 High Point (Dryland 8 – 8:30)
	F	6:00 – 8:00 High Point
Elite:	M – F	6:30 – 8:30 Westwood Farms OR
	M,W	6:00 – 8:00 Longbrooke
Performance:	M – F	7:00 – 8:30 Westwood Farms
Development:	M – F	7:30 – 8:30 Westwood Farms
SSL Boost:	M, W only	7:00 – 8:30 High Point OR Westwood Farms

### **July 19 to August 13 – Outdoors:**

**Senior** is at **High Point** M – F but may attend **Longbrooke** M,W

**Elite** is at **Westwood Farms** M – F but may attend **Longbrooke** M,W

**Performance** and **Development** are at **Westwood Farms** M – F

**Post SSL** may attend either **High Point** or **Westwood Farms**

### **NOTE: Last practice at Longbrooke is August 4<sup>th</sup>**

Practices will be in the morning – (all time are am):

Senior:	M, W	7:00 – 9:00 Longbrooke OR
	M, W, F	7:30 – 9:30 High Point
	T, Th	7:30 – 10:00 High Point (Dryland 9:30 – 10:00)
Elite:	M – F	8:00 – 10:00 Westwood Farms
	M, W	7:00 – 9:00 Longbrooke
Performance:	M – F	8:30 – 10:00 Westwood Farms
Development:	M – F	9:00 – 10:00 Westwood Farms
Post SSL:	M – F	10:00 – 11:00 High Point OR Westwood Farms

\*The above times may change due to holidays or weather. Please be sure to check your email regularly and the calendar at [www.swimstrongsville.org](http://www.swimstrongsville.org) for practice time updates.\*