

SwimStrong Summer 2012 Practice Schedule

May 29 to June 8 – Berea/Midpark all practice times remain the same and practices continue indoors.

– **Strongsville** practices for all groups will be outdoors in the late Evening at High Point from 6:00 to 8:00 pm

June 11 to July 20 – Outdoors:

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

Elite is at **Longbrooke** M – F but may attend **High Point** M - F

Performance and **Development** are at **High Point** M – F

Summer Swim League (SSL) Boost is at **High Point** M, W

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

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

July 23 to August 17 – Outdoors:

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

Elite is at **Longbrooke** M – F but may attend **High Point** M – F

Performance and **Development** are at **High Point** M – F

Post SSL is at **High Point** M – F or **Westwood Farms** M – F

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

Senior:	M - F	7:00 – 9:00 Longbrooke OR
	M,W,F T, TH	8:00 – 10:00 Longbrooke AND 8:00 – 10:00 High Point
Elite:	M – F M - F	7:00 – 9:00 Longbrooke OR 8:00 – 10:00 High Point
Performance:	M – F	8:30 – 10:00 High Point
Development:	M – F	9:00 – 10:00 High Point
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 and phone regularly and the calendar at www.swimstrongsville.org for practice time updates.