

SwimStrong Strongsville Sept-May Practice Schedule

Detailed below are the practice times for the SwimStrong Strongsville Short Course (Indoor) Season. These times may change due to holidays or Ehrnfelt Recreation Center obligations or repairs. Please check the calendar at www.swimstrongsville.org for practice time updates on a regular basis. During September only, the ERC closes at 9:00 pm and all SwimStrong practices will end by 8:30 pm. The right column below details the September changes. All times are pm unless specified otherwise.

			<u>September Only</u>
Senior:	M, W, F	3:00-5:30	
	Tu, TH	3:00-5:00	
	Sa	9:00-11:00 am	
Elite:	M, W, F	4:30-6:30	
	Tu	7:00-9:00	7:00-8:30
	Th	off	
	Sa	8:00-9:00 am*	
Performance:	M, W	7:30-9:00	7:30-8:30
	Tu	off	
	Th	8:00-9:00	off
	F	6:30-7:30	
	Sa	8:00-9:00 am*	7:00-9:00 am
Development:	M, W	6:30-7:30	
	Tu, F	off	
	Th	7:00-8:00	
	Sa	8:00-9:00 am*	

*SwimStrong has secured lane time on certain Saturdays throughout the season to offer an optional practice time for swimmers who have an occasional conflict during the week. Be sure to check the practice calendar at www.swimstrongsville.org for the available Saturday dates.