

## Typical CBST-USAS Practice Times

This information is provided as an idea of the schedule to expect. Specific practice details (times/locations) for the current season may vary and can be found on the CBST-USAS website calendar. There will be modifications to the practice schedule during school breaks and holidays. There will be conflict dates (dates when practices cannot be held due to building or other conflicts).

- **Senior Group**

- Short Course (September through March)
  - September through mid-November plus sometime between mid-February and mid-March through end of season (exact timing depends on high school team championship meet practice needs) [Short course outside of high school regular season] – at CB South:
    - Most weekday mornings (generally four mornings per week 5:30-6:45 a.m.)
    - Monday through Friday after school (3-5:30 p.m.)
    - Saturday mornings (6-9 a.m.)
  - Mid-November through sometime between mid-February and mid-March (exact timing depends on high school team championship meet practice needs) [Short course during high school regular season]:
    - Most weekday mornings at CB South (generally four mornings per week 5:30-6:45 a.m.)
    - Generally available to senior/FLASH group only: Evenings Monday through Thursday, at CB South as needed and possible depending on high school program (timing varies between the hours of 5:30 and 9 p.m.)
    - There will also be occasional Friday evening practices (typically in weeks when another typical practice day is not available and depending on building availability and meet schedules) which would usually be at CB South (timing varies between the hours of 5:30 and 9 p.m.).
    - Saturday mornings at CB South (6-9 a.m.)
    - See high school swimmers document for details of Senior group vs. Senior/FLASH group.
- Long Course (mid-April through mid/late July, depending on timing of championship meets)
  - Mid-April through mid-June [Long course until CB schools get out for the summer] – at CB South:
    - Most weekday mornings (generally four mornings per week 5:30-6:45 a.m.)
    - Monday through Friday after school (3-5:30 p.m.)
    - Saturday mornings (6-9 a.m.)
  - Mid-June through mid/late July [Long course after CB Schools get out for the summer through end of season]:

- Practices at a local long course pool (6-8:30 a.m. Monday through Saturday mornings) [currently using Nor-Gwyn Pool at 1 Parkside Place, North Wales]; when possible practice will be at CB South if weather causes outdoor practice cancellations
  - Occasionally if CB South is not available, CB East will be used for senior group practice, but this is not possible at certain times of the year when group swim lessons are in session as the pool is too warm for rigorous swim practices.
- **Age Group**
  - Short Course (September through March)
    - September [short course until SAL team season begins] – at CB South:
      - Monday through Thursday 5:30-7:30 p.m. (over at 7 p.m. for intermediate group)
      - Saturdays 8:30 – 11 a.m. (over at 10:30 a.m. for intermediate group)
    - October through mid-November [short course from when SAL team season begins through when high school regular season begins]:
      - Mondays and Wednesdays at CB East between the hours of 5:30 and 8:45 p.m. (depending on pool use for lessons and high school team and group [intermediate and junior typically first followed by advanced and next generation])
      - Tuesdays and Thursdays at CB South 5:30-7:30 p.m. (over at 7 p.m. for intermediate)
      - Some Saturdays at CB South 8:30 – 11 a.m. (over at 10:30 a.m. for intermediate group)
    - Mid-November through sometime later in January [short course from when high school regular season begins through when the SAL team season ends]:
      - Mondays and Wednesdays, age group remains at CB East with the same times (between the hours of 5:30 and 8:45 p.m., depending on pool use for high school team and group [intermediate and junior typically first followed by advanced and next generation])
      - Tuesdays and Thursdays at CB South, times shift an hour later (6:30-8:30 p.m., over at 8 p.m. for intermediate group)
      - Some Saturdays at CB South 11 a.m. – 12:30 or 1 p.m. (over at 12:30 p.m. for intermediate group)
    - Toward the end of January through sometime between mid-February and mid-March [short course from when SAL team season ends through when high school team pool use reduces, depending on timing of and qualifiers for the various high school championship meets]:
      - Monday through Thursday practices return to all at CB South 6:30-8:30 p.m. (intermediate done at 8 p.m.)
      - Some Saturdays at CB South 11 a.m. – 12:30 or 1 p.m. (over at 12:30 p.m. for intermediate group)

- Sometime between mid-February and mid-March through end of season [short course once possible depending on high school team championship meet practice needs] – at CB South:
        - Monday through Thursday practice times will shift back to 5:30-7:30 p.m. (intermediate done at 7 p.m.) through the end of the season toward the end of March
        - Some Saturdays (usually 2.5 hours [2 hours for intermediate] between the hours of 8 a.m. and 1 p.m. depending on pool availability)
- Long Course (mid-April through mid/late July, depending on timing of championship meets)
  - Mid-April through mid-June [long course until CB schools get out for the summer] - CB South:
    - Monday through Thursday 5:30-7:30 p.m. (done at 7 p.m. for intermediate)
    - Some Saturdays 8 – 10:30 a.m. (intermediate done at 10 a.m.)
  - Mid-June through mid/late July [long course from when CB schools get out for summer through end of season] – at CB South:
    - Monday/Wednesday 5:30 - 7:30 p.m. (intermediate done at 7 p.m.)
    - Tuesday/Thursday 8-10:30 a.m. (intermediate done at 10)
    - Some Saturdays 8-10:30 a.m. (intermediate done at 10)
    - For an added fee, Advanced and Next Generation groups will also have some practices available at a local long course pool, typically Tuesday/Thursday/Saturday 6 – 8:30 a.m. [currently using Nor-Gwyn Pool at 1 Parkside Place, North Wales]
- There will also be some Friday practices (typically in weeks when another typical practice day is not available and depending on building availability and meet schedules) which would usually be at CB South with the Tuesday/Thursday times for that time of the year.
- Saturday times are more variable week-to-week than other practice times.
- Practice length for most age group swimmers is two hours (when dedicated dryland time is not included) or two and half hours (when dedicated dryland time is included). Intermediate group is typically done 30 minutes before rest of groups.
- Occasionally, practices may move to the other pool (CB East or CB South) due to building availability or other considerations.