

CLE Swimming Winter Practice Schedule 2023-24

(All Practices at NORC Unless Noted)

Practice times are effective October 27th, 2023

No practice dates: October 31, November 22, 23, 24, December 16, 25

Group	Day	Time
Senior Gold	Wednesday (Morning) Saturday (BRC) <i>Method: Tuesday/Thursday</i>	5:30 – 6:45 AM 6 – 8 AM 5 – 6 PM
Senior Silver	Monday/Wednesday/Friday Tuesday/Thursday Saturday (BRC) <i>Method: Tuesday/Thursday</i>	7 – 8:30 PM 6:30 – 8 PM 6 – 8 AM 5 – 6 PM
Age Group Gold	Monday – Friday	7 – 8 PM
Age Group Silver	Monday – Thursday	7 – 8 PM
Age Group Bronze	Tuesday/Thursday	5:30 – 6:30 PM

Bonus practices for swimmers 14 & under with B time:

Wednesday and Friday: dryland 6:15 – 6:45 PM, swim 7 – 8 PM