

# CLE Swimming Practice Schedule

(Practice location in parenthesis)

Practice times are effective September 3<sup>rd</sup>, 2024

**\*NO PRACTICE:**

Group	Day	Time
Golden Eagles	Tuesday/Thursday (NORC)	5:30 – 6:30 PM
Eagles Rec 12&U	Monday/Wednesday/Friday (NORC) <i>*Sept.4<sup>th</sup> – Oct. 23<sup>rd</sup> *</i>	5 – 6 PM
Rocket Junior	Monday – Thursday (NORC) Saturday (NORC)	6:30 – 7:30 PM 7 – 9 AM
Eagles Rec 13&O	Mon/Weds/Fri (NORC) Saturday (NORC) <i>*Sept.4<sup>th</sup> – Oct. 23<sup>rd</sup> *</i>	5 – 6:30 PM 7 – 9 AM
Rocket Senior	Monday – Thursday (NORC) Friday (NORC) Saturday (BRC)  Strength & Conditioning Tues/Thurs (Method)	6:30 – 8 PM 5 – 6:30 PM 7 – 9 AM  5 – 6 PM

**NORC = North Olmsted Recreation Center – 26000 Lorain Road, North Olmsted, Ohio**

**BRC = Brooklyn Recreation Center – 7600 Memphis Ave, Brooklyn, Ohio**

**Method = Method Sports and Fitness – 7725 Victory Lane, Unit 104, North Ridgeville, Ohio**