

FCA 2022 SPRING PRACTICE SCHEDULE

Spring schedule starts Tuesday, April 5th. Subject to change once school is out

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim School						10:00-12:00pm	
FCS Swim Lessons		3:45-4:15pm 4:20-4:50pm		3:45-4:15pm 4:20-4:50pm			
Team Phoenix		6:00-7:00pm		6:00-7:00pm			11:00-12:00pm
Mini		5:00-5:50pm		5:00-5:50pm			12:00-12:50pm
Novice		5:00-6:00pm		5:00-6:00pm			12:00-1:00pm
Junior I	5:00-6:00pm		5:00-6:00pm		6:30-7:30pm	8:15am-9:45am	1:00-2:15pm
Junior II	5:30-6pm (Dryland) 6:00-7:15pm (Swim)	morning practice option	5:30-6pm (Dryland) 6:00-7:15pm (Swim)	morning practice option	7:30-8:45pm	8:15am-9:45am	2:15-3:30pm
Senior	*6:30-7:45am (Spring Sport/Make Up) 6:15-7:05pm (Dryland) 7:15-8:45pm (Swim)	5:45-6:45am (Early School Start) 6:45-7:45am (Late School Start) 7:00-8:45pm	*6:30-7:45am (Spring Sport/Make Up) 6:15-7:05pm (Dryland) 7:15-8:45pm (Swim)	5:45-6:45am (Early School Start) 6:45-7:45am (Late School Start) 7:00-8:45pm	5-6:30pm	6:30-9:00am	

Our hope is to secure long course pool time for select groups at least once a week once available. More information will be announced once pool space has been reserved

Senior group morning practices on M/W are intended for those playing a spring sport who cannot make the PM practice

Practice Requirements

Mini - 2 required

Novice - 2 required

Junior I - 3 required. 4 practices recommend especially for 2nd year J1 swimmers

Junior II - 3 required for 1st year with 4 recommended. 4 required for 2nd year J2 swimmers with 5 recommended.

Senior - 4 required. 1st year, 5 recommend. 2nd year, 6. 3rd year and on 6+ practices