

FLA – Miami

2014-2015 Practice Schedule

Fall practice begins on Monday, August 18th

Group	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Coaching Fees
National	For serious swimmers at the state, regional, and national level. Dryland directed daily by the coaching staff. <u>Meet participation is required.</u>	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 6:30pm	8:00am to 10:00am	\$158
Senior	For highly motivated and committed swimmers. Dryland as directed daily by the coaching staff. <u>Meet participation is required.</u>	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 6:30pm	8:00am to 10:00am	\$133
Varsity	For swimmers 13 and over that desire a challenging practice schedule and atmosphere that will sharpen their swimming and physical fitness. <u>Meet participation is recommended.</u>	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 6:30pm		\$117
Gold 1	For more advanced and committed young swimmers who have mastered stroke techniques, starts, and turns and are prepared to begin basic to intermediate training methods. <u>Meet participation is required.</u> (Gold 2 is the transition group from Silver to Gold 1)	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 7:00pm	5:00pm to 6:30pm	8:00am to 10:00am	\$133
Gold 2		5:00pm to 6:30pm	5:00pm to 6:30pm	5:00pm to 6:30pm	5:00pm to 6:30pm	5:00pm to 6:30pm		
Silver	For Swimmers who have developed, but can still improve upon proper stroke, start, and turn techniques. They will be introduced to conditioning techniques. <u>Meet participation is highly recommended.</u>	5:45pm to 7:00pm	5:45pm to 7:00pm	5:45pm to 7:00pm	5:45pm to 7:00pm	5:00pm to 6:30pm		\$117
Bronze	For Swimmers who have developed a working knowlegde of the 4 competitive strokes. Refinement of technique and starts and turns is emphasized. <u>Meet participation is recommended.</u>	5:00pm to 5:45pm	5:00pm to 5:45pm	5:00pm to 5:45pm	5:00pm to 5:45pm	5:00pm to 5:45pm		\$96
Blue	For swimmers who are comfortable and confident with at least 2 of the 4 competitive strokes and are ready to learn the other two as well as starts and turns. <u>Meet participation is recommended.</u>		5:00pm to 5:45pm		5:00pm to 5:45pm			\$76
Red	Designed to start young swimmers into the sport of swimming. Focuses on basic swimming techniques in a fun and rewarding environment. <u>Meet participation is encouraged.</u>		5:00pm to 5:30pm		5:00pm to 5:30pm			\$66