

# Practice Info

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Here is an outline of our practice schedule times. Please check the calendar for more detailed information and you should use that and any email updates to stay on schedule. This schedule outline is just an estimate of the practice times for each group, they are subject to change and do.

Practices are held at the:

Westlake Recreation Center  
28955 Hilliard Blvd.  
Westlake, Ohio 44145  
(440) 808-5700

## **Green Group (1 hour practices)**

Mon | Wed | Fri - 6:00 to 7:00 p.m.

## **Bronze Group (1.5 hour practices)**

Mon | Wed | Fri - 5:30 p.m. to 7:00 p.m.

## **Waves Silver Group (1.5 hour practices)**

Mon | Tue | Wed | Thu | Fri - 4:00 p.m. to 6:00 p.m.

## **High School & Gold Group (2 + hour practices)**

Mon | Tue | Wed | Thu | Fri - 4:00 p.m. to 6:00 p.m.

### *During High School Season -*

High School practices are allowed to start on November 2. Waves can continue to swim in USA meets through November until the first High School Meet after December 1st. The Waves attend meets in November specifically for high school swimmers benefit. During the H.S. Season the Waves can always be a back-up practice, if you need to miss a H.S. practice. After the H.S. season High School Waves can finish up the season with the Waves and the USA district Championship meets, Sectional meets, etc.

All high school Waves are required to participate in all dual meets and MOST other meets prior to the H.S. season and any Championship meets they qualify for after the season.

## **Dryland Conditioning & WEIGHT TRAINING**

A DRY LAND CONDITIONING & WEIGHT TRAINING PROGRAM FOR ALL WAVES HS SWIMMERS 7th & 8th GRADERS, SELECTED YOUNGER SWIMMERS, WILL BE OFFERED AT THE REC CENTER POOL DECK IN ADDITION TO OUR REGULAR PRACTICE, ABOUT 2-3 TIMES A WEEK. THE TIME HAS YET TO BE DETERMINED BUT GENERALLY FROM 5 TO 6 OR 6-6:30. This is only for hard working serious swimmers.

*All practices are subject to change. Westlake Waves Swim Club will keep you informed of any changes as soon as possible via email and this website.*