

Trent Swim Club Practice Schedule

Senior Team

Mon: 4:00-6:00 pm Trent
Tues. 5:30-6:30 am dryland conditioning 6:30-7:30 am pool Trent
Wed. 5:30-7:30 am Trent (new Seniors off)
4:00-5:00 pm swim, 5:00-6:00 pm weights Trent
Thurs. 5:30-7:30 am Trent
Fri. 4:00-6:00 pm Trent
Sat. 6:30-8:00 am swim, 8:00-9:00 am weights Trent
4:00-6:00 pm Trent

Junior Team

Mon: 4:00-5:00 pm Trent
Tues. 5:30-6:30 am swim, 6:30-7:30 am weights Trent
Wed. 5:30-7:30 am Trent
Thurs. 5:30-6:30 am swim, 6:30-7:30 am weights Trent
Fri. 4:00-5:30 pm Trent
Sat. 6:30-8:30 am Trent

AG3

Mon: 5:00-6:00 pm Trent
Tues. 5:30-6:30 am swim, 6:30-7:30 am weights Trent
Thurs. 5:30-6:30 am weights, 6:30-7:30 am swim Trent
Fri. 5:30-7:00 pm Trent
Sat. 5:00-7:00 pm Trent

AG2

Tues. 5:30-6:30 weights, 6:30-7:30 am swim Trent
Wed. 4:00-5:00 pm Trent
Fri. 6:00-7:00 pm Trent
Sat. 6:00-7:00 pm Trent

AG1 Session 1: Sept.10-Nov. 29 Session 2: Dec. 3-March 7 Session 3: March 10-
June 6

Wed. 4:00-5:00 pm Trent
Fri. 4:00-5:00 pm Trent
Sat. 7:30-9:00 am Trent

Note: AG1 group may have some practice time and day adjustments depending on total numbers. Parents and swimmers will be notified at the earliest opportunity.