



## SHARKS 2025 Workout Schedule

Practices take place Tuesday-Friday, June 3<sup>th</sup>-July 31<sup>st</sup>

Please call the Head Coach, Bree Renz: 650-365-1113 with any questions.

### **Quick Start June 3<sup>rd</sup>-8<sup>th</sup>:**

Beginners: 3:30 PM-4:30 PM

Intermediate: 4:30 PM-5:30 PM

Advanced: 5:30 PM-6:30 PM

### **Practices June 10<sup>th</sup>-August 1<sup>st</sup>:**

**Great White 8:30 AM-10:30 AM**

**30 minutes dry land, 90 minutes pool time**

A swimmer is 12 years old and has been on the swim team(s) before. They can swim all four strokes very well. He/she can swim eight or more laps at a time without stopping. They know all the basic technique and drills for all four strokes. They know how to do a proper flip/open turn.

**Whale Shark 8:30-10:00 AM**

**30 minutes dry land, 1 hour pool time**

The swimmer has been on the swim team(s) before. They can swim all four strokes well. He/she can swim four or more lengths of the pool without stopping. They understand all basic techniques and drills for all the strokes. They know at least the basics of the flip/open turns.

**Tiger Sharks 10:10-11:30 AM**

**20 minutes dry land, 1 hour pool time**

Swimmer knows how to swim all four strokes. They can swim two lengths of the pool without stopping.

**Hammerhead 11:25 AM-12:30 PM**

**5 minutes get ready, 55 minutes pool time**

The swimmer can swim Freestyle and Backstroke across the entire length of the pool. Swimmer has some knowledge of the dolphin kick and whip kicks.

**Spinner Sharks 11:45 AM-12:30 PM**

**45 minutes pool time**

The swimmer can swim the whole length of the pool without stopping. He/she can get to the wall safely without assistance. Swimmers can comfortably swim on their back without assistance.