

2024 Westfield Aquatics Senior Groups Practice Schedule Long Course June-July						
Westfield Washington Schools Aquatic Center						
Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1	6:00-8:00 am 3:00-5:00 swim	off 12:15-3:15 pm sw&dry	6:00-8:00 am 3:00-5:00 swim	off 12:15-3:15 pm sw&dry	6:00-8:00 am off	7:00-10:00 am swim and dry
Age Group Elite	2:30-3:30 dry 3:30-5:00 swim	7-9 am swim	2:30-3:30 dry 3:30-5:00 swim	7-9 am swim	3:00-5:00 pm swim	7:00-9:00 swim 9-10 dry
Age Group Adv.	5:00-6:30pm	8:30-10:30am (dry/swim)	5:00-6:30pm	8:30-10:30am (dry/swim)	3:00-4:30 pm swim	9:00-10:30 am swim
Age Group 1	4:30-5:00pm Dry 5:00-6:30pm Swim	10:00-11:30am	4:30-5:00pm Dry 5:00-6:30pm Swim	10:00-11:30am	3:00-4:30 pm swim	9:00-10:30 am swim
Age Group 2	5:00-6:00pm	11:30am-12:30pm	5:00-6:00pm	off	5:00-6:00 pm swim	9:00-10:00 swim
Developmental	5:00-5:45pm	off	5:00-5:45pm	11:30a-12:15pm	4:30-5:15 pm swim	off
Diving			6:00-8:00 pm			
Masters		5:45-7:00am		5:45-7:00am		