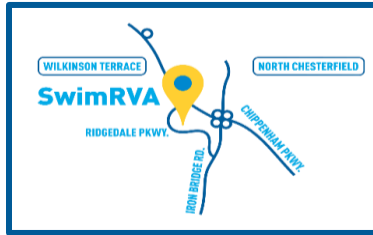


SwimRVA Rapids Swim Team 2023/2024 Practice Times

August 21, 2023-June 16, 2024

SwimRVA-CSAC

5050 Ridgedale Pkwy
Richmond, VA 23234



NOVICE

2:15 - 3:00PM (M-Th)
3:15 - 4:00 PM (M-Th)
4:05 - 4:50 PM (M-Th)
6:15 - 7:00 PM (M-Th)

ADVANCED NOVICE

2:00 - 3:00 PM (M-Th)
3:50 - 4:50 PM (M-Th)
6:45 - 7:45 PM (M-Th)

AGE GROUP

2:00 - 3:15 PM (M-Th)
3:35 - 4:50 PM (M-F)
4:55 - 6:10 PM (M-F)
6:10-6:45 PM Dryland (M/W)
6:45 - 8:00 PM (M-Th)

JUNIOR GROUP

1:45 - 3:15 PM (M-Th)
3:20 - 4:50 PM (M-F)
Dryland 2x/week TBD
4:55 - 6:25 PM (M-F)
Dryland 6:20-6:50PM TBD

PRE-SENIOR GROUP

4:45 - 6:45 AM (M-F)
4:50 - 7:15 PM (M-F)
Both include Dryland

SENIOR GROUP

4:45 - 6:45 AM (M-F)
4:50 - 7:15 PM (M-F)
Both include Dryland

SENIOR SPEED

6:45 - 8:15 PM (M-Th)

SwimRVA-Meadowbrook

3700 Cogbill Rd
Richmond, VA 23234



NOVICE

3:45 - 4:30 PM (M-Th)
4:35 - 5:20 PM (M-Th)
5:25 - 6:10 PM (M-Th)
6:15 - 7:00 PM (M-Th)

ADVANCED NOVICE

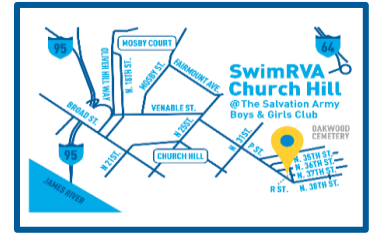
3:45 - 4:45 PM (M-Th)
4:50 - 5:50 PM (M-Th)
5:55 - 6:55 PM (M-Th)

JUNIOR GROUP

7:00 - 8:30 PM (M-Th)
Dryland 2x/week TBD

SwimRVA-Church Hill

3701 R Street
Richmond, VA 23223



NOVICE

6:45-7:30 PM (M-Th)
7:30-8:15 PM (M-Th)

ADVANCED NOVICE

6:45 - 7:45 PM (M-Th)
7:30 - 8:30 PM (M-Th)

AGE GROUP

6:45 - 8:00 PM (M-Th)

*Senior Speed athletes encouraged to join Senior Group practices on Fridays.

*Age Group, Junior, Pre-Senior, Senior and Senior Speed groups practicing at CSAC, Meadowbrook and Church Hill will have Saturday practices that will vary based on schedules. They will be communicated weekly. Everyone is welcome!



OPEN HOUSE

July 19 / Jul 31 / Aug 14



Scan Here to RSVP