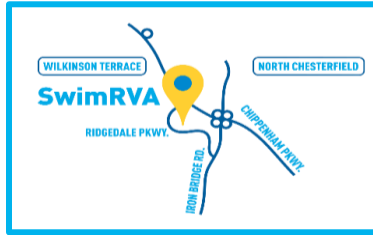


SwimRVA Rapids Swim Team 2024/2025 Practice Times

August 19, 2024-June 8, 2025

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)
4:55-5:20 PM Dryland (M/W)
4:55 - 6:10 PM (M-F)
6:10-6:45 PM Dryland (M/W)
6:45 - 8:00 PM (M-Th)

JUNIOR GROUP

3:20 - 4:50 PM (M-F)
Dryland 2:55-3:15 PM (T/W/Th)
4:55 - 6:25 PM (M-F)
Dryland 6:30-6:50PM (T/W/Th)

PRE-SENIOR GROUP

5:00 - 6:45 AM (M-F)
Dryland 4:45-5:00 AM (M-F)
4:50 - 6:45 PM (M-F)
Dryland 6:45-7:20 PM (M-Th)

SENIOR GROUP

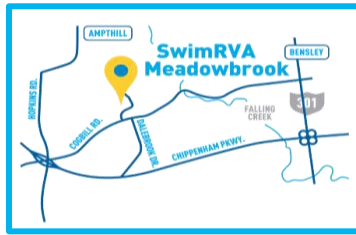
5:00 - 6:45 AM (M-F)
Dryland 4:45-5:00 AM (M-F)

SENIOR SPEED

4:50 - 6:20 PM (M-F)
Dryland 6:25-6:55 PM
7:00 - 8:30 PM (M-Th)

SwimRVA-Meadowbrook

3700 Cogbill Rd
Richmond, VA 23234



NOVICE

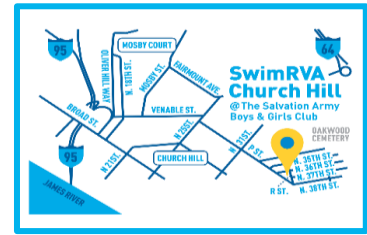
3:45 - 4:30 PM (M-Th)
4:35 - 5:20 PM (M-Th)
5:25 - 6:10 PM (M-Th)
6:15 - 7:00 PM (M-Th)

ADVANCED NOVICE

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

SwimRVA-Church Hill

3701 R Street
Richmond, VA 23223



NOVICE

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

ADVANCED NOVICE

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

AGE GROUP

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



SwimRVA Rapids Swim Team
Info/Open House/Evals
SCAN HERE:



*Senior group athletes encouraged to do "doubles" practices.

*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!

Rapids Fall Team Events:

James River Rafting Trip

Sat, Sep 7, 2024
9:30-1:00 PM (older)
1:45-5:15 PM (younger)

Intrasquad Meet

Sat, Sep 14, 2024
8:00-2:00 PM (all)