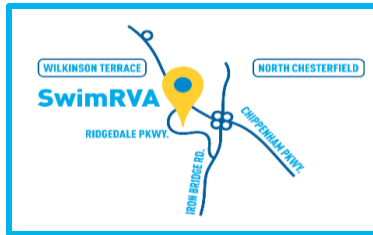


SwimRVA Rapids Swim Team 2025/2026 Practice Times

August 18, 2025-June 8, 2026

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)
6:25 - 7:10 PM (M-Th)

ADVANCED NOVICE

2:00 - 3:00 PM (M-Th)
3:45 - 4:45 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)
6:15-6:40 PM Dryland (M/W)
6:45 - 8:00 PM (M-Th)

JUNIOR GROUP

1:45 - 3:15 PM (M-F)
3:20 - 4:50 PM (M-F)
Dryland 4:55-5:25PM (M-Th)
5:30 - 7:00 PM (M-F)

PRE-SENIOR GROUP

4:45 - 6:45 AM (M-F)
4:50 - 6:45 PM (M-F)
Dryland 6:50-7:30 PM (M-Th)

SENIOR GROUP

4:45 - 6:45 AM (M-F)
4:50 - 6:45 PM (M-F)
Dryland 6:50-7:30 PM (M-Th)

SENIOR SPEED

5:15 - 6:45 AM (T/Th)
4:50 - 6:20 PM (M-F)
Dryland 6:20-6:55 PM
7:00 - 8:30 PM (M-Th)

SwimRVA-Meadowbrook

3700 Cogbill Rd
Richmond, VA 23234



NOVICE

(55-minute practices)
4:00 - 4:55 PM (M-Th)
5:00 - 5:55 PM (M-Th)
6:00 - 6:55 PM (M-Th)

ADVANCED NOVICE

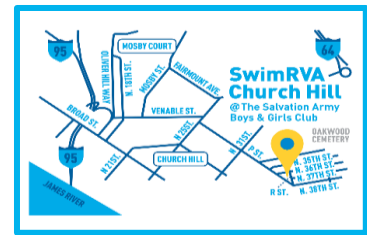
5:00 - 6:00 PM (M-Th)

SENIOR SPEED

5:15 - 6:45 AM (M/W/F)

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)
6:15-6:40 PM Dryland (M/W)

*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!



SwimRVA Rapids Swim Team

Info/Open House/Evals

SCAN HERE:



Rapids Fall Team Events:

James River Rafting Trip

Sat, Sep 6, 2025

9:30-1:00 PM (older)

1:45-5:15 PM (younger)

Intrasquad Meet

Sat, Sep 13, 2025

8:00-2:00 PM (all)