

SwimRVA Rapids Swim Team 2025/2026 Practice Times

August 25, 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



55-minute practice!
10 extra minutes dedicated
to help you master your
Starts, Turns & Finishes!

**ONLY available @
SwimRVA-Meadowbrook!**

NOVICE PLUS+

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

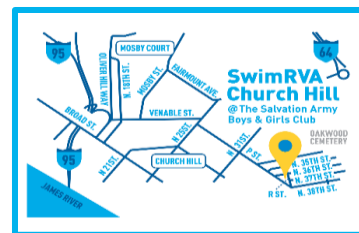
5:15 - 6:45 AM (M/W/F)

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



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 will have
varied Saturday practices based on
schedules.



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)