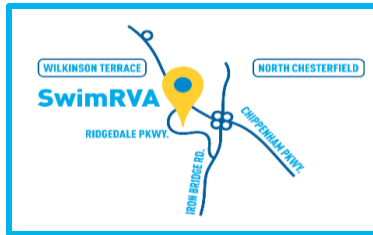


# SwimRVA Rapids Swim Team 2025/2026 Practice Times

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



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

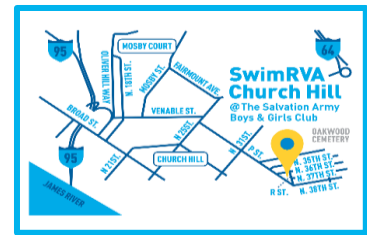
Info/Open House/Evals

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)