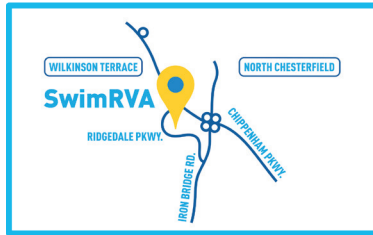


# SwimRVA Rapids Swim Team 2026/2027 Practice Times

## SwimRVA-CSAC

5050 Ridgedale Pkwy  
Richmond, VA 23234



### NOVICE

2:00 - 3:00PM (M-Th)  
3:00 - 4:00 PM (M-Th)  
4:05 - 5:05 PM (M-Th)  
6:25 - 7:25 PM (M-Th)

### ADVANCED NOVICE

2:00 - 3:15 PM (M-Th)  
3:30 - 4:45 PM (M-Th)  
6:30 - 7:45 PM (M-Th)

### AGE GROUP

1:45 - 3:00 PM (M-Th)  
3:05-3:30 PM Dryland (M/W)  
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-Th)  
3:20-3:45PM Dryland (M-Th)  
3:20 - 4:50 PM (M-F)  
4:55-5:20PM Dryland (M-Th)  
5:30 - 7:00 PM (M-Th)  
4:50 - 6:20 PM (F)

### PRE-SENIOR GROUP

5:00 - 6:45 AM (M-F)  
4:50 - 6:45 PM (M-F)  
6:50-7:30 PM Dryland (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 - 6:45AM (T/Th)  
4:50 - 6:20PM (M-F)  
6:25-6:55 PM Dryland (M-F)  
7:00 - 8:30PM (M-Th)

## SwimRVA-Meadowbrook

3700 Cogbill Rd  
Richmond, VA 23234



### NOVICE

5:00 - 6:00 PM (M-Th)  
\*6:00 - 7:00PM (M-Th)

### ADVANCED NOVICE

5:00 - 6:00 PM (M-Th)  
\*6:00 - 7:15 PM (M-Th)

### SENIOR SPEED

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

\*11 & older athletes encouraged to attend 6 PM Novice and Advanced Novice practices at SwimRVA-Meadowbrook

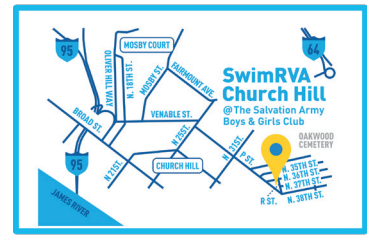
SwimRVA Rapids Swim Team

Info/Open House/Evals  
SCAN HERE:



## SwimRVA-Church Hill

3701R Street  
Richmond, VA 23223



### NOVICE

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

### ADVANCED NOVICE

6:45 - 8:00 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  
Saturday, August 29th

Intrasquad Meet  
Saturday, September 12th