

## Summer 2026 – Starting June 1st – August 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lightning</b> ( <i>Required</i> 6 practice per week)	5:30 – 7:30 AM 4:15 – 6:00 PM	DL6:30 – 7:15AM 4:15 – 6:30 PM	5:30 – 7:30 AM 4:15 – 6:00 PM	DL6:30 – 7:15AM 4:15 – 6:30 PM	5:30 – 7:30 AM 4:15 – 6:00 PM	6:00 – 8:00 AM
<b>Senior 1</b> (Recommended 4 -5 practice per week)	5:30 – 7:30 AM 4:15 – 6:00 PM	DL6:30 – 7:15AM 4:15 – 6:00 PM	5:30 – 7:30 AM 4:15 – 6:00 PM	DL6:30 – 7:15AM 4:15 – 6:00 PM	5:30 – 7:30 AM <b>OR</b> 4:15 – 6:00 PM	6:00 – 8:00 AM
<b>Senior 2</b> (Recommended 4 -5 practice per week)	5:30 – 7:00 AM <b>OR</b> 4:15 – 6:00 PM	DL6:30 – 7:15AM 4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	DL6:30 – 7:15AM 4:15 – 6:00 PM	4:15 – 6:00 PM	6:00 – 8:00 AM
<b>Pre – Senior</b> (Recommended 2-4 practice per week)	4:30 – 6:00 PM	DL6:30 – 7:15AM 4:30 – 6:00 PM	OFF	DL6:30 – 7:15AM 4:30– 6:00 PM	4:30 – 6:00 PM	Add'l Saturday Clinics TBA
<b>Firebolts 1</b> (Recommended 4 -5 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	Dryland 3 – 3:30P Swm 3:30 – 4:45P	3:30 – 4:45 PM	3:30 – 4:45 PM	6:30 – 8:00 AM
<b>Firebolts 2</b> (Recommended 3-4 practice per week)	3:30 – 4:45PM	3:30 – 4:45PM	Dryland 3 – 3:30P Swm 3:30 – 4:45P	3:30 – 4:45PM	3:30 – 4:45PM	Add'l Saturday Clinics TBA <b>OFF</b>
<b>Firebolts 3</b> (Recommended 2-4 practice per week)	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	Add'l Saturday Clinics TBA <b>OFF</b>
<b>Sparks 1</b> (Recommended 2-4 practice per week)	OFF	3:30 – 4:30 PM	Dryland 3 – 3:30P Swm 3:30 – 4:30P	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
<b>Sparks 2</b> (Recommended 2-3 practice per week)	3:30 – 4:30 PM	OFF	Dryland 3 – 3:30P Swm 3:30 – 4:30P	OFF	3:30 – 4:30 PM	OFF

## Summer Only Swimmers 2026 – Starting June 1st – August 7th

<b>Summer Senior</b> Choose up to 5	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	6:00 – 8:00 AM
<b>Summer Firebolts</b> Choose up to 4	3:30 – 4:30 PM	3:30 – 4:30 PM	Dryland 3 – 3:30P 3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	Add'l Saturday Clinics TBA
<b>Summer Sparks</b> Choose up to 3	3:30 – 4:30 PM		Dryland 3 – 3:30P 3:30 – 4:30 PM		3:30 – 4:30 PM	

<b>13yo and over Dryland and Team building activities</b> <i>These are optional but all 13 &amp; O are encouraged to attend.</i>		6:30 – 7:15 AM @ Hawthorn Elementary <a href="#">1520 S Boulevard, Idaho Falls, ID 83402</a>	We will be doing a few team building activities on Wed afternoons during the summer. More Info and an exact schedule will be released ASAP.	6:30 – 7:15 AM @ Hawthorn Elementary <a href="#">1520 S Boulevard, Idaho Falls, ID 83402</a>		

1. Firebolts & Sparks dryland will be held in the back yard at the pool. Swimmers must have appropriate shoes in order to participate. They're welcome to wear athletic wear over their suits. We will focus on building strength, coordination, flexibility, mobility, & balance.
2. Lightning, Seniors, and Pre-Seniors dryland(DL): swimmers should come prepared with workout clothes, shoes, and a water bottle.
3. If you are unsure of your swimmers practice group, please reach out to Coach Liz @ [voltageaquatics@gmail.com](mailto:voltageaquatics@gmail.com)
4. Our number one goal is to keep swimmers progressing in an age appropriate fun environment, please reach out if you have any issues with group schedules.
5. Lightning, Senior 1, and Senior 2 evening practices have warmup exercises from 4:15-4:30pm. They are expected to come on time to get through these exercises and be ready to get in the water at 4:30pm.
6. Due to limited space, we ask that you stick to the schedule. Please DO NOT send your child to practice if their group is not scheduled for that day without prior coaches consent.
7. Please pick up your swimmers promptly after practice. It is unsafe to leave young children unattended at the pool as our coaching staff (and the pool staff) are not responsible for them after practice.