

PASA D.Z. Swim 2025–2026

Group Descriptions and Practice Times

Pre-Competitive Groups

PC Level 1:	M/W/F: 5:00 – 5:30 p.m. @ Foothills , T/Th: 4:00 – 4:30 p.m. @ Foothills
PC Level 2:	M/W/F: 5:30 – 6:00 p.m. @ Foothills , T/Th: 4:00 – 4:30 p.m. @ Fletcher
PC Level 3:	M/W/F: 6:00 – 6:30 p.m. @ Foothills , T/Th: 4:30 – 5:00 p.m. @ Fletcher
PC Level 4:	M/W/F: 6:30 – 7:00 p.m. @ Foothills , T/Th: 6:30 – 7:00 p.m. @ Fletcher

Competitive Groups:

RACERS	Novice Swimmers M/W/F T/Th Dryland (M/W)	5:30 – 6:30 p.m. @ Foothills 5:00 – 6:00 p.m. @ Fletcher 5:00 – 5:30 p.m. @ Foothills
SPRINT	Novice / Intermediate Swimmers M/W/F T/Th Dryland (M/W)	7:00 – 8:00 p.m. @ Foothills 7:00 – 8:00 p.m. @ Fletcher 6:30 – 7:00 p.m. @ Foothills
PERFORMANCE	Intermediate Swimmers Monday – Friday Dryland (T/Th)	4:00 – 5:15 p.m. @ Foothills 5:30 – 6:00 p.m. @ Foothills
PRIME	Advanced Swimmers MW/F T/Th Dryland (T/Th) Saturday Morning	6:30 – 8:00 p.m. @ Fletcher 5:15 – 6:45 p.m. @ Foothills 4:30 – 5:00 p.m. @ Foothills 10:30 – 11:30 a.m. @ Foothills
PRE-SENIOR	Elite Swimmers Monday – Friday Dryland (M/W/F) Saturday Morning	6:15 – 8:00 p.m. @ Fletcher 5:30 – 6:00 p.m. @ Fletcher 9:00 – 10:30 a.m. @ Foothills
SENIOR 2	High School Age / Advanced Swimmers M/W/F T/Th Dryland (M/W/F) Saturday Morning	4:30 – 6:00 p.m. @ Fletcher 6:30 – 8:00 p.m. @ Foothills 6:10 – 6:40 p.m. @ Fletcher 9:00 – 10:30 a.m. @ Foothills
SENIOR	High School Age / Elite Swimmers Monday, Tuesday, Thursday Wednesday Monday, Thursday AM Saturday AM	4:30 – 7:30 p.m. @ Fletcher 4:30 – 6:30 p.m. @ Fletcher 5:45 – 7:15 a.m. @ Foothills 7:00 – 10:00 a.m. @ Foothills

M/W/F SCHEDULE

[illegible]

T/TH SCHEDULE

[illegible]