



RYD Practice Schedule: 2025-2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Discovery		6:45-7:45p		6:45-7:45p	
Age Group 1	6:45-8p		6:45-8p		6:45-8p
Age Group 2	5:30-7	5:30-7	5:30-7	5:30-7	
Pre-Senior	5:30-7	5:30-7	5:30-7	5:30-7	
Senior*	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30

*Senior practices will run until the beginning of the high school swim season, and begin again after the high school swim season ends. All swimmers must practice with the group pre-determined by the coaching staff unless prior permission has been given.

RYD Practice group descriptions and standards

Discovery	Age Group (re-name to “blue”)	Age-group+ (rename to white)	Junior (formerly pre-senior)
- Requirements: - Ability to swim 25 yards of all four strokes - Ability to do flip turns - Coaching level: high school swimmers and above - Time commitment: 2x/wk, 60 minute long practices - AT LEAST 3 meets/season Description: Swimmers will spend their one-hour long swim team practices refining stroke technique and learning about racing basics. This group is appropriate for swimmers who either: a) have swam on a rec team in the past, or b) are confident in their ability to legally swim at least two of the four strokes.	- Requirements: - Ability to swim 100 yards of all four strokes without stopping - Ability to do flip turns and legal open turns - Ability to dive off the blocks - Ability to read a pace clock - Coaching level: adult OR high school with adult help - Time commitment: 3x/wk, 75 minute long practices - AT LEAST 5 meets/season Description: Swimmers will spend their seventy five minute long practices developing racing techniques and building endurance.	- Requirements: - Ability to swim 400 free + 150 of each stroke 50 free time of :37 or faster if 11 or older; if 10 & under must have 100 free time of 1:25 - Coaching level: adult - Time commitment: 3x/wk, 90 minute long practices. 2 days with 20 minutes of dryland & 70 minutes of swimming - AT LEAST 7 meets/season Description: Swimmers will spend their ninety minute long practices continuing to hone racing techniques and building endurance. Practices will include rigorous sets, and swimmers must be able to fully complete those sets without stopping.	- Requirements: - Ability to swim 200 of all strokes PLUS 600 free 50 free time of :35 or faster if 11 & older; if 10 & under must have 100 free time of 1:25 or faster - Coaching level: Adult - Time commitment: 4x/wk, 90 minute long practices. Two days will include 20 min. of dryland before swimming - AT LEAST 9 meets/season Description: Swimmers will spend their ninety minute long practices refining their technique, maximizing speed, and maintaining endurance. Practices are extremely rigorous, and swimmers must be able to complete these sets without stopping.
To progress: Swimmers must be able to swim a 50 yard freestyle in :45 or faster with a flip turn and without stopping, and be able to complete the set 8x50 free on 1:30.	To progress: Swimmers should know their personal best times, and should be able to articulate their goals. Swimmers must be able to complete 8x50 free @ 1:00, and should be able to swim a 50 yard freestyle in :40 or faster	To progress: Swimmers should know their personal best times and measure their own progress, articulate their goals, and are working towards self assessing after a race. Swimmers must be able to complete 10x50 free @ :50 AND 10x100 free @ 1:50	To progress: Coaching staff will determine if a swimmer is able to progress to the senior group (high school swimmers).