

Fall 2026 – Starting Sept 8th – Nov 7th

[illegible]

1. If you are unsure of your swimmers practice group, please reach out to Coach Liz @ voltageaquatics@gmail.com
2. 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.
3. Lightening, Senior 1, and Senior 2 evening practices have warmup exercises from 4:15-4:30pm. Swimmers are expected to come on time to get through these exercises and be ready to get in the water at 4:30pm.
4. 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.
5. Please pick up your swimmers promptly after practice. It is unsafe and inappropriate to leave young children unattended for an extended period of time at the pool as our coaching staff (and the pool staff) are not responsible for them after practice.