

# St. Albans Programs

DRAFT SCHEDULE – SUBJECT TO CHANGE

Pool Coach: TBD

St. Albans begins September 11, 2023

Program	Day(s)	Practice times: 9/11-mid-Nov//mid-Feb- 5/24	Winter practice time: TBD	Coach
Gold ** Requires Coach Approval	M W F T Th Sat	5:00-6:30 AM 5:30-7:00 PM 7:00-9:00 AM	5:00-6:30 AM 6:00-7:30 PM 7:00-9:00 AM	Ian Handerhan
Select ** Requires Coach Approval	M W F T Th Sat	5:00-6:30 AM 5:30-7:00 PM 7:00-9:00 AM	5:00-6:30 AM 6:00-7:30 PM 7:00-9:00 AM	Ian Handerhan
Silver	M W F Sat (at Holton)	7:30-8:30 PM 8:00-10:00 AM	8:00-9:00 PM 8:00-10:10 AM	Kelsey Magill
Age Group 3 A	M W F	5:30-6:30 PM 6:30-7:30 PM	6:00 -7:00 PM	Ingrid Cross
Age Group 3 B	M W F	6:30 -7:30 PM 6:30-7:30 PM	6:00 -7:00 PM	Kelsey Magill
Age Group 3 C	T Th F	7:00-8:00 PM 5:30-6:30 PM	7:30 -8:30 PM 6:00-7:00 PM	Ian Handerhan
Age Group 2 A	M W	5:30-6:30 PM	6:00 -7:00 PM	Ian Handerhan and Reese Samuel
Age Group 2 B	M W	6:30-7:30 PM	7:00 -8:00 PM	Ian Handerhan and Reese Samuel
Age Group 1 A	T Th	5:30-6:15 PM	6:00 -6:45 PM	Paige Sass
Age Group 1 B	T Th	6:15-7:00 PM	6:45 -7:30 PM	Paige Sass

**\*Blackout dates posted on SDS website**

**\*\*\*Times are subject to change due to STA/WMPSSDL swim meets.**

**\*\*\*\*All swimmers must be out of the locker room no later than 15 minutes after the conclusion of practice.**