

Summer Training Schedule

Buckeye Swimming – Columbus

June 8 – August 9

Pools

Northland Swim Club (NSC) is a 50 meters long course pool.

5006 Almont Dr., Cols 43229

Worthington Hills Country Club (WHCC) is a 25 meter short course pool.

920 Clubview Blvd S., Cols 43235

Columbus Sports Club (CSC) is our home pool, indoors and 25 yards

888 E. Dublin-Granville Rd, Cols 43229

| | Senior | Scarlet Elite |
|----------|---|--|
| Sunday | PM: 7-9 long course (NSC) | 7-9 pm long course (NSC) |
| Monday | AM: 7-9:30 (CSC) + dryland | 7:30-9:30 am (CSC) + dryland |
| Tuesday | AM: 7:30-9:30 (WHCC) + flexibility PM: 6-7 dryland & WU at CSC, 7:15-8:45 at NSC | 7:30-9:30 am (WHCC) + flexibility 7:15-8:45 pm at NSC |
| Weds | Individual Dryland Plan | Individual Dryland Plan |
| Thursday | AM: 7:30-9:30 (WHCC) + flexibility PM: 6-7 dryland & WU at CSC, 7:15-8:45 at NSC | 7:30-9:30 am (WHCC) + flexibility 7:15-8:45 pm at NSC |
| Friday | AM: 7-9:30 (CSC) + dryland | 7:30-9:30 am (CSC) + dryland |
| Saturday | Individual Dryland Plan | OFF |

***When a +dryland or +flexibility practice is noted the practice will be held after we finish our water practice, plan 30-45 minutes for dryland and 15-30 minutes for flexibility.*

Scarlet 2

3 options, you may mix and match any of these, long course is recommended 2-3x a week

Morning: Tuesday, Weds & Thursday 8-9:30 am at WHCC +flexibility on Tuesdays & Thursdays

Early Evening: Tuesday and Thursday 5-6:30 at CSC

Evening: Sunday 7-8:30 pm, Tuesday & Thursday 7:15-8:45 pm at NSC

Scarlet 1

3 options, you may mix and match any of these, long course is recommended 1-2x a week

Morning: Tuesday, Weds & Thursday 8:30-9:30 am at WHCC +flexibility on Tuesdays & Thursdays

Early Evening: Tuesday and Thursday 5-6:30 at CSC

Evening: Sunday 7-8:30 pm, Tuesday & Thursday 7:15-8:30 pm at NSC

Gray & Brutus

3 options, you may mix and match any of these

Morning: Tuesday, Weds & Thursday 8:30-9:30 am at WHCC +flexibility on Tuesdays & Thursdays

Early Evening: Tuesday and Thursday 5-6 at CSC

Evening: Sunday 7-8 pm, Tuesday & Thursday 7:15-8:30 pm at NSC

Big Bucks

Tuesday & Thursday 5:15-6 at CSC,

| Practice Group | Brutus & Gray | Scarlet I | Scarlet 2 | Scarlet Elite | Senior |
|-----------------|------------------------------------|------------------------------------|------------------------------------|--|--------|
| Summer Only Fee | 2x/week: \$135 Unlimited: \$190 | 2x/week: \$175 Unlimited: \$250 | 3x/week: \$235 Unlimited: \$290 | Currently there is not a summer only option, if there is enough interest this might become available – contact Coach Karr. | |