



2023-2024 Schedule Details

Season Date: September 12th 2023 – May 23rd 2024

Practice Days:

All practice dates can be found on our Google Calendar

The swim team meets on Tuesdays, Wednesdays, and two Thursdays per month.

YWCA Practice Times

Junior Flyers: 7pm - 7:45pm

Flyers: 7:45pm - 8:30pm

Senior Flyers: 8:15pm - 9:00pm

Wednesdays at Worcester Fitness

Junior Flyers:

6:15pm - 7:00pm

Flyers:

Land Training: 6:15pm – 6:45pm

Pool: 7:00pm – 8:00pm

Senior Flyers:

Land Training: 7:00pm – 7:50pm

Pool: 8:00pm – 9:15pm

Important practice notes:

Arrive to practice 10 minutes early with ALL swimming equipment.

Inform head coach if your swimmer is going to be absent.