

# Summer 2019

Starting June 10<sup>th</sup>, we begin to follow the summer practice schedule.

## NORTH PARK

### JUNIOR & SENIOR GROUPS

7:15a- 10a

This includes dryland;

Yoga will be on Tuesdays and Thursdays.

\*\*Siblings of swimmers in the Junior and Senior groups may attend North Park in the mornings. They can participate in dryland on Mondays and Wednesdays but NO yoga.

\*\*For morning practice, you must enter and exit the pool from the side gate, which is opened at 7:30am. **You are expected to be in your suit when you get to the facility.** Although we have restroom areas available, those that feel it necessary to take daily breaks 'just because', are asked not to! Our pool time is limited; it takes 2-3mins to walk up and back. Add that time with the time you are in there, you are missing 10+ minutes of practice each day.

Everyone MUST be off the pool deck after morning practice by 10:05 am.\*\*

Weather Issues~ There is always the possibility of storms. An email and/or text will be sent if the pool closes in the afternoon.

Please be aware that practices in the *mornings* could be moved to the High School should this occur.

Please sign up to receive alerts from the County regarding pool closures in the afternoons. Visit [Allegheny County Alerts](#) to set up an account.

Senior & Junior Groups~ If you have your own equipment, make sure to bring it with you to each practice as we do not bring the schools equipment. Sneakers are required as well as a filled water bottles. NO deck changing.

**PARENTS:** Please be on time to pick up your swimmer(s) after each practice; no later than 10:15a. You will be notified immediately by text messaging and email should practice be cancelled.

There is no additional charge to practice at North Park in the mornings. However, there is an additional cost for evening practices that is payable through the front gate.

North Park does offer passes as an option,  
<http://www.county.allegheny.pa.us/parks/activities/water-sports/pool-passes.aspx>

## PINE RICHLAND HIGH SCHOOL POOL

### DEVELOPMENTAL GROUP

Monday thru Saturday~ 10:15- 11:45a

### NOVICE

Monday thru Saturday 10:15- no later than 11:30a

### MINI's

(no more than 3 days a week)

Monday, Wednesday, Friday and/or Saturday

10:15- 11:15a