

2023-2024 Dolphin Club / RVDC Practice Schedule - Sept. 5, 2023 - June 2, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
Level 1 Dolphin Group	2:45-3:45pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
Level 2 Wahoo Group	3:45-5:00pm	5:00-6:15pm	5:00-6:15pm	5:00-6:15pm	5:00-6:15pm		
Level 3 Sailfish Group	5:00-6:45pm	6:15-8:00pm	6:00-7:30am & 6:15-8:00pm	6:00-7:30am & 6:15-8:00pm	6:00-7:30am & 6:15-8:00pm		

AM practices by invitation only

DC & RVDC June 3 - July 24, 2024 (tentative - could change based on our numbers)

	SUN	MON	TUE	WED	THU	FRI	SAT
Level 1	1:45-2:45	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm		
Level 2	2:45-4:00pm	5:30-6:45pm	5:30-6:45pm	5:30-6:45pm	5:30-6:45pm		
Level 3	4:00-5:45pm	6:45-8:15pm	6:00-7:45am & 6:45-8:15pm	6:00-7:45am & 6:45-8:15pm	6:00-7:45am & 6:45-8:00pm		

GRAL Meet Dates: 6/5, 6/12, 6/18, 6/26, 7/2, 7/9 on Tuesday's & Wednesday's

GRAL CHAMPIONSHIP Dates: July 20th & 21st at CSAC, 5050 Ridgedale Pkwy, Richmond, VA

NO PM PRACTICE ON MEET DAYS for RVDC SWIMMERS / AM practices by invitation only

Last Practice for RVDC is July 8th if your athlete does not qualify for GRAL Championships