

OBX SWIM CLUB SUMMER SCHEDULE



OBX SWIM CLUB
WWW.OBXSWIMCLUB.COM

This schedule begins 06-09-2025

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Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	9:30a-10:15a 5:00p-5:45p	5:00p-5:45p	9:30a-10:15a 5:00p-5:45p			
Silver	8:00a-9:30a		8:30a-9:30a		8:30a-9:30a	Optional practice 10:00a – 11:00a
Gold	8:00a -9:30a	8:00 – 9:30a	8:00a – 9:30a	8:00a – 9:30a		10:00a – 11:30a
Senior	6:00p – 7:30p	6:00p – 7:30p 6:00a – 7:00a	6:00p – 7:30p	6:00p – 7:30p 6:00a – 7:00a	6:00p – 7:30p	10:00a – 11:30a
Dryland for Silver group and up will be done at the beginning of practice						

- Please be sure to apply sunscreen before practice
- Please make sure to bring water or Gatorade/Powerade (no energy drinks)
- Please be sure to bring an extra towel if possible
- Please make sure swimmers have their goggles
- Please be sure to smile.