

La Paloma Swim Team (LPST)

2025-2026 Fall-Winter Practice Times, Practice Group Descriptions, & Fees

Season starts Monday, August 4th. All practice sessions are scheduled at La Paloma Country Club's lap pool, 3666 E. Sunrise Dr., Tucson

Fall, 2025					
Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
4:00 PM	Dynamo	Dynamo	Dynamo	Dynamo	Blue
	4-4:45	4-4:45	4-4:45	4-4:45	4-5:30
4:30 PM					(includes 15 minutes stretching)
4:45 PM	Blue	Silver/Gold/Blue practice overlap	Blue	Silver/Gold/Blue practice overlap	
5:00 PM	4:45-6:15	4:45-5:45 (Blue)	4:45-6:15	4:45-5:45 (Blue)	
	(includes 15 minutes stretching)	4:45-6:45 (Silver/Gold)	(includes 15 minutes stretching)	4:45-6:45 (Silver/Gold)	
5:30 PM					Silver/Gold
5:45 PM	Blue continues to 6:15 PM	Blue ends at 5:45 PM	Blue continues to 6:15 PM	Blue ends at 5:45 PM	5:15-6:45
6:00 PM	Silver/Gold	Silver/Gold continues until 6:45 PM (includes 15m stretching)	Silver/Gold	Silver/Gold continues until 6:45 PM (includes 15m stretching)	(includes 15m stretching)
6:15 PM	6:00-7:30		6:00-7:30		
6:30 PM	(includes 15m stretching)		(includes 15m stretching)		
6:45 PM					
7:00 PM					
7:30 PM					

Description of Levels:

- ✓ **Dynamo:** Novice competitive swimmers who are 12 years old & younger and who need to better learn all 4 competitive strokes as well as gain more endurance. Before they can become a Dynamo swim team member, they need to already be able to swim 15 yards of coordinated freestyle, turning their head to the side for a breath, and 15 yards of coordinated backstroke (sometimes called backcrawl in swimming lessons). Dynamo swimmers can swim up to 4 practices per week, and they can swim up to 100-yard repeats after the season is in full-swing.
- ✓ **Blue:** Intermediate-level competitive swimmers who generally know all 4 competitive strokes: fly, back, breast, and free. They can train up to 200- yard repeats. These swimmers usually fit into an age range between 9 and 14 years old.
- ✓ **Silver/Gold:** The highest level and most experienced competitive swimmers on LPST. Silver & Gold swimmers can train up to 400-yard repeats and can attend up to 5 practices each week. They are the most advanced and, usually, fall between 11 and 17 years old.

Practice Fees per month:

\$189/month for non-members of La Paloma Country Club (↑2% from last year) and \$140/month (0% increase from fall, 2024) for members of La Paloma Country Club. 10% discount 2nd child; & 25% discount 3rd child.

Financial assistance is available. To inquire on qualifying for financial help, contact info@dolphinsoftthedesert.com