

School Break Practice Schedule (December 22, 2025 - January 3, 2026)

Junior/Senior return to regular schedules on Monday, January 5, 2026.

9 & U, Age Group and MS & HS Group return on Wed/Thurs, January 7-8, 2026.

Novice returns later January and/or March 2026.

- **Novice Division**

- Fall Season ends November 13 for the 3:40pm, 4:30pm, 5:15pm groups.

- Fall Season ends December 11 for the 6:10pm group.

- Spring 2026 Season will begin Jan 26 or March 2 (depending on the day/time selected; will have the option to start on either Jan or March). Re-enrollment is required for swimmers participating in Fall 2025 Novice to be on an active roster in 2026.

- **9 & Under**

- no practice Monday, December 15, 2025 - January 6, 2026.

- return to practice on Wed, Jan 7 or Thurs, Jan 8, 2026 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

- **Age Group Division and 6:45pm MS/AG**

- no practice Friday, December 12, 2025 - January 6, 2026.

- return to practice on Wed, Jan 7 or Thurs, Jan 8, 2026 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

- **HS Group**

- no practice Monday, December 19-January 4, 2026.

- return to practice on Jan 5 or Jan 7, 2026 (tba) and at the same schedule. Swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form).

- **Senior Black:**

- Week of December 22:

- Monday- 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Tuesday-6:30-9:00am Swim and Core/1:30-3:30pm Swim

- Wednesday- 6:45-9:00am Swim

- Thursday- Off Christmas

- Friday- Off

- Saturday- 6:00-9:00am Swim and Strength

- Sunday- 1:30-3:30pm Swim

- Week of December 29:

- Monday- 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Tuesday-6:30-9:00am Swim and Core/1:30-3:30pm Swim

- Wednesday- 6:45-9:00am Swim

- Thursday- Off Christmas

- Friday- 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Saturday- 6:30-9:00am Swim and Core

- **Senior White:**

Week of December 22:

- Monday- 6:45-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Tuesday- 6:30-9:00am Swim and Core/1:30-3:30pm Swim
- Wednesday- 6:45-9:00am Swim
- Thursday- Off Christmas
- Friday- Off
- Saturday- 6:45-9:00am Swim (Senior White Group Movie Day- More Info to be Announced)

Week of December 29:

- Monday- 6:45-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Tuesday- 6:30-9:00am Swim and Core/1:30-3:30pm Swim
- Wednesday- 6:45-9:00am Swim
- Thursday- Off
- Friday- 6:45-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Saturday- 6:30-9:00am Swim and Core

- **Senior Red 1:**

Week of December 22:

- Monday: 3:30-5:30pm Swim
- Tuesday: 3:30-5:30pm Swim and Strength
- Wednesday: 9:00-11:00am Swim
- Thursday-Sunday: Off

Week of December 29:

- Monday: 3:30-5:30pm Swim
- Tuesday: 3:30-5:30pm Swim and Strength
- Wednesday: 9:00-11:00am Swim
- Thursday: Off
- Friday: 3:30-5:30pm Swim and Strength
- Saturday-Sunday: Off

- **Senior Red 2**

Week of December 22:

- Monday: 3:30-5:30pm Swim
- Tuesday: 3:30-5:30pm Swim
- Wednesday: 9:00-11:00am Swim
- Thursday-Sunday: Off

Week of December 29:

- Monday: 3:30-5:30pm Swim
- Tuesday: 3:30-5:30pm Swim
- Wednesday: 9:00-11:00am Swim
- Thursday: Off
- Friday: 3:30-5:30pm Swim
- Saturday-Sunday: Off

- **Junior Black:**

No practice December 25 & 26, and January 1

Week of December 22:

- Monday 9-10:45am swim. Strength 10:55-11:25am
- Tuesday 9-11 Swim with Core on Deck
- Wednesday 9-10:30am Swim Only
- Thursday / Friday Off
- Saturday 9-11 Swim only

Week of December 29:

- Monday 9-10:45am swim. Strength 10:55-11:25am
- Tuesday 9-11 Swim with Core on Deck
- Wednesday 9-10:30am Swim Only
- Thursday Off
- Friday 9-10:45am swim. Strength 10:55-11:25am
- Saturday 9-11 Swim only

- **Junior White:**

No practice December 25 & 26, and January 1

Week of December 22:

- Monday 4:15-5:45pm Core/Strength 4-4:15 pm
- Tuesday 4:15-5:45pm Swim only
- Wednesday 9-10:30am Swim Only
- Thursday / Friday Off
- Saturday 9-10:30 Swim only

Week of December 29:

- Monday 4:15-5:45pm Core/Strength 4-4:15 pm
- Tuesday 4:15-5:45pm Swim only
- Wednesday 9-10:30am Swim Only
- Thursday Off
- Friday 4:15-5:45pm swim, Core/Strength 4-4:15 pm
- Saturday 9-10:30 Swim only

- **Junior Red:**

No practice December 24, 25 & 26, and December 31 & January 1

Week of December 22:

- Monday 9:00-10:00am Core 10:05-10:20am
- Tuesday 9:00-10:00am Core 10:05-10:20am
- Wednesday/Thursday/Friday Off
- Saturday: 9-10:30am with Junior White

Week of December 29:

- Monday 9:00-10:00am Core 10:05-10:20am
- Tuesday 9:00-10:00am Core 10:05-10:20am
- Wednesday/Thursday Off
- Friday 9:00-10:00am Core 10:05-10:20am
- Saturday: 9-10:30am with Junior White