

School Break Practice Schedule (December 21, 2026 - January 2, 2027)

Junior/Senior return to regular schedules on Monday, January 4, 2027.

9 & U, Age Group and MS & HS Group return on Wed/Thurs, January 6/7, 2027.

Novice returns later January and/or March 2027.

- **Novice Division**

- Fall Season ends November 12 for the 3:40pm, 4:30pm, 5:15pm groups.

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

- Spring 2027 Season for the 3:40pm, 4:30pm, 5:15pm groups will begin Jan 25 or March 1 (depending on the day/time selected; will have the option to start on either Jan or March).

- Spring 2027 Season for the 6:10pm group will begin Monday January 11.

- Re-enrollment is required for swimmers participating in Fall 2026 Novice to be on an active roster in 2027.***

- **9 & Under**

- no practice Monday, December 14, 2026 - January 5, 2027.

- return to practice on Wed, Jan 6 or Thurs, Jan 7, 2027 (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 11, 2026 - January 5, 2027.

- return to practice on Wed, Jan 6 or Thurs, Jan 7, 2027 (same schedule/days; swimmers remain **ACTIVE** on the roster unless dropped through the online withdrawal form)

- **HS Group**

- no practice Monday, December 18-January 4, 2027.

- return to practice on Jan 6, 2027 and at the same schedule. Swimmers remain **ACTIVE** on the roster unless dropped through the online withdrawal form).

- HS will practice Wednesday Jan 6 of the first week back.***

- **Senior Black:**

- Week of December 21:

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

- *Wednesday- Alumni Meet After Practice til 6pm*

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

- Thursday (Christmas Eve) through Sunday 12/27- OFF

- Week of December 28:

- Monday/Wednesday- 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

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

- Friday- Off New Year's Day

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

- **Senior White:**

- Week of December 21:

- Monday/Wednesday- 6:45-9:00am Swim/ 1:30-3:30pm Swim and Strength

- *Wednesday- Alumni Meet After Practice til 6pm*

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

- Thursday (Christmas Eve) through Sunday 12/27- OFF

- Week of December 28:

- Monday/Wednesday- 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

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

- Friday- Off New Year's Day

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

- **Senior Red:**

Week of December 21:

- Monday/Tuesday: 3:30-5:15pm Swim and Core
- Wednesday: 3:30-5:00pm Swim and Core
- *Wednesday- Alumni Meet After Practice til 6pm*
- Thursday (Christmas Eve) through Sunday 12/27- OFF

Week of December 28:

- Monday/Tuesday/Wednesday: 3:30-5:15pm Swim and Core
- Thursday: 9:00-11:30am Swim
- Friday (New Year's Day) Through Sunday: Off

- **Junior Black:**

Week of December 21:

- Monday/Wednesday Swim & Strength. Str. 8:30am. Swim following until 11am
- Tuesday Core 8:45-9:00am Swim following until 11am
- Thursday (Christmas Eve) through Sunday 12/27- OFF

Week of December 28:

- Monday/Wednesday/Saturday Swim & Strength. Str. 8:30am. Swim following until 11am
- Tuesday Core 8:45-9:00am Swim following until 11am
- Thursday Core 8:45-9:00am Swim following until 10:30am
- Friday Off

- **Junior White:**

Week of December 21:

- Monday Core/Strength 4 pm Swim 4:15-5:45pm
- Tuesday 4:15-5:45pm Swim only
- Wednesday Core/Strength 8:45am Swim 9-10:30am [AM due to the Alumni Meet]
- Thursday (Christmas Eve) through Sunday 12/27- OFF

Week of December 28:

- Monday/Wednesday Core/Strength 4 pm Swim 4:15-5:45pm
- Tuesday 4:15-5:45pm Swim only
- Thursday 9-10:30am Swim Only
- Friday Off
- Saturday 8:30 Core Strength, Swim following until 10:30am

- **Junior Red:**

Week of December 21:

- Monday Swim only 4:15-5:30pm
- Tuesday Core/Strength 4 pm swim Swim 4:15-5:30pm
- Wednesday Swim only 3:45-5pm [Time change due to Alumni Meet]
- Thursday (Christmas Eve) through Sunday 12/27- OFF

Week of December 28:

- Monday/Wednesday Swim only 4:15-5:30pm
- Tuesday Core/Strength 4 pm swim Swim 4:15-5:30pm
- Thursday/Friday Off
- Saturday: with Junior White 8:30 Core Strength, Swim following until 10:30am

9 & U and Age Group and HS Group signed up for the Mardi Gras Meet at LSU (Jan 8-10)

**9 & U 3 and AG2, AG3, and HS Group are eligible for this meet/ practice option*

Week of Dec. 14:

- 9&U- 4:30-5:20pm Mon-Thurs
- AG/HS- 5:30-6:40pm Mon-Thurs

Week of Dec, 21:

- 9 & U- 4:30-5:20pm, Mon, Tues only
- AG/HS- 5:30-6:40pm, Mon, Tues only

Week of Dec. 28:

- 9 & U- 5:30-6:20pm, Mon/Tues/Wed * **Note the time change for this week with the pool LC**
- AG/HS- 5:30-6:40pm, Mon/Tues/Wed

Week of Jan. 4:

- 9&U- 4:30-5:20pm Tue. Regular practice begins W/Th
- AG/HS- 5:30-6:40pm Tue. Regular practice begins W/Th. HS will swim W this week.