

# Fall 2025

## School Year Swim Team Practice Schedule

- **Novice:** Outdoor pool Lane 1 & 2 [3:40 lane 1 only]  
*Fall Season runs August 25-November 13 (or Dec 11 for 6pm group)*
  - M/W or T/TH
  - 5-8 years: 3:40-4:20pm or 4:30-5:10pm
  - 9-10 Years: 5:15-6:05pm
  - 10-14 years: 6:10-7:00pm + Sat: 10:30-11:30am
- **9&Under:** Outdoor pool  
*Fall Schedule begins August 18/19 through December 11. Practice break Dec 15 - Jan 4, 2026. Resume school year schedule Jan 5-May 14, 2026P. Summer Schedule begins June 1, 2026.*
  - M/W- or T/TH or Mon-Thurs (must attend based on enrolled days)
  - 3:40-4:25pm, 9 & U Lanes 7 & 8
  - 4:30-5:20pm, 9 & U Lanes 4-8
- **Age Group:** outdoor & indoor pools  
*Fall Schedule begins August 18/19 through December 11. Practice break Dec 15 - Jan 4, 2026. Resume school year schedule Jan 5-May 14, 2026. Summer Schedule begins June 1, 2026.*
  - M/W/F or T/TH/S enrollment (Must attend based on enrolled days for Mon-Thur practices)
  - Mon through Thurs, 5:30-6:40pm
  - Friday, 4:45-6:00pm (can change out Fri/Sat as needed)
  - Saturday, 9:15-10:30am (can change out Fri/Sat as needed)
- **Junior Red:**
  - Mon-Thurs 4:30-5:30pm Outdoor Pool Lane 3
- **Junior White:**
  - Mon-Thurs 6:00-7:15pm
  - Indoor Pool. Scoreboard End M/W. Record Board End T/TH
  - Core/Strength: Mon/Wed 5:30-5:50pm. Yoga room.
  - Friday, 4:45-6:00pm
  - [Only for those swimmers who have conflicts on other days]
  - Saturday, 9:15-10:45am [9:15-10:30 Swim only August 16]
  - Saturday: Core/Strength 10:50-11:10am
- **Junior Black:**
  - M/W, swim 4:30-6:00pm and Strength 4-4:25pm (Weight Room)
  - T/TH Swim 4:15-6:00pm and Core: 4:00-4:10pm (Yoga room)
  - Indoor Pool. Scoreboard End M/W. Record Board End T/TH
  - Friday, No Practice. [Make up with SR or JW if needed through Coach Helen]
  - Saturday, 9:00-10:50am [9-10:30 Swim only August 16]
  - Saturday Strength 11:00-11:30 am (Weight Room)

*Senior Schedule is tentative based on 2024 school year; potential changes of strength days during the 3:45-6:00pm window and TBD early August.*

### **Senior Red 1 :**

- Indoor Pool: Record Board End M/W. Scoreboard End T/TH
- Mon/Wed: 6:15-7:45pm
- Core: M/W: 6:00-6:15pm [with Sr. Red 2]
- Tues/Thurs: 6:00-7:05pm Swim
- Strength: Tue/Thur 7:15-7:45pm
- Friday, 4:30-6:00pm [with Sr. Red 2] Indoor Recordboard Pool
  - 4:00-5:30pm After Thanksgiving and High School Season
- Saturday- no practices during HS Season (Aug-Oct/Nov)
  - Saturday 10:30-12:00pm After Thanksgiving/ High school season

### **Senior Red 2:**

- Indoor Pool: Record Board End M/W. Scoreboard End T/TH
- Mon/Wed: 6:15-7:30pm
- Core: M/W: 6:00-6:15pm [with Sr. Red 1]
- Tues/Thurs: 6:00-7:30pm
- Friday, 4:30-6:00pm [with Sr. Red 1] (Indoor Recordboard Pool) during HS Season only
  - No Friday Practice after the HS season / after Thanksgiving.
- Saturday. 10:30-12:00pm After Thanksgiving/ High school season

### **Senior White 1:**

- Mon/Wed, 3:40-3:55 Core and 4:00-6:00pm Swim Indoor Record Board End
- Wed, 5:00-6:30am Optional Swim Record Board End
- Tue/Thur, 3:45-4:25pm Strength and 4:30-6:00pm Indoor Pool- Scoreboard End
- Friday- no practices during HS Season (Sept-Oct/Nov) EXCEPT FOR:
  - Friday- 3:45-5:15pm
    - August 15 and 22 at Crawfish
    - August 29 4:00-5:30pm at Highland Rd Community Park
- Friday [with Sr. White 2] will begin After Thanksgiving and High School Season
- 6:30-8:00am Outdoor Pool HS Season (Aug-Oct/Nov) **[Begins September 6, 2025]**
  - Saturday 6:45-9:00am Scoreboard End After Thanksgiving/ HS Season

### **Senior White 2:**

- Mon/Wed, 3:45-6:00pm
- Wed, 5:00-6:30am Optional Swim Record Board End
- Tue/Thur, 4:05-5:55pm
- Strength M/W 5:15-6:00pm Core T/Th 3:45-4:00pm
- Indoor Pool. M/W Scoreboard End T/Th Record Board End
- Friday- no practices during HS Season (Sept-Oct/Nov) EXCEPT FOR:
  - Friday- 3:45-5:15pm
    - August 9, 16, and 23 at Crawfish
    - August 30 4:00-5:30pm at Highland Rd Community Park
- Friday [with Sr. White 1] will begin After Thanksgiving and High School Season

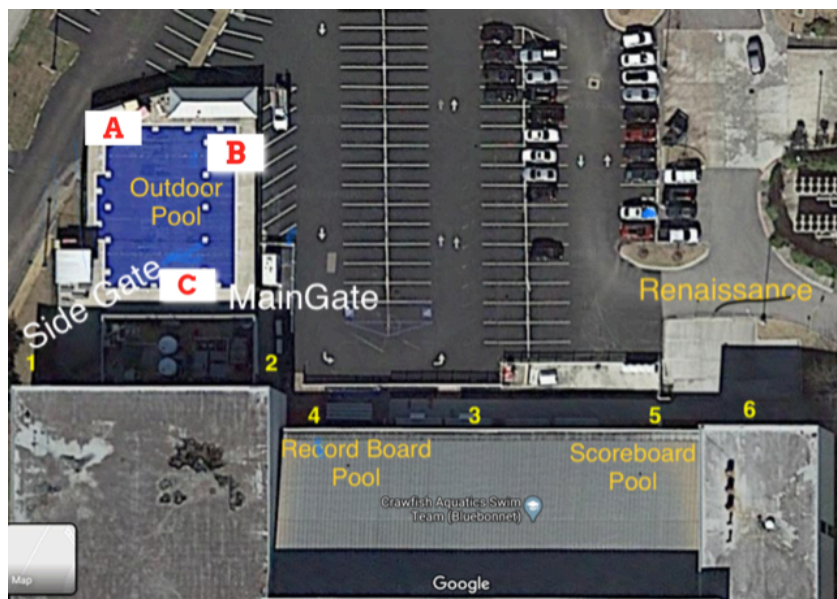
- Saturday- 6:30-8:00am Outdoor Pool HS Season (Aug-Oct/Nov) [Begins September 6, 2025]
  - August 10, 17, and 31 7:00-9:00am. NO PRACTICE August 24.
  - Saturday 6:45-9:00am After Thanksgiving/ HS Season

## Senior Black

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End) Starts 8/18/25
- Wed, 5:00-6:30am Optional Swim Record Board End
- Mon/Wed, 3:40-3:55pm Core and 4:00-6:00pm Swim Indoor Record Board End
- Tue/Thur, 3:45-5:25pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- Friday, 3:45-5:15pm Strength. Starts August 22, 2025 [will be swim August 15, 2025]
  - August 29 4:00-5:30pm at Highland Rd Community Park
- Saturday, 6:30-8:00am Outdoor Pool HS Season (Aug-Oct/Nov) [Begins September 6, 2025]
  - No Practice Saturday, August 23.
  - Saturday 6:45-9:00am Scoreboard End After Thanksgiving/ HS Season

## **Review Facility/Pool Entry, and Pool Exit Points for Practices**

*Please do not enter the pool deck earlier than 5 minutes before practice start time.*



## **Practice Groups in the Outdoor Pool, MONDAY-THURSDAY**

**-Drop off / Pick up Pick up from Main Gate (Zone 2 on map)**

- Swimmers will enter and exit through the main outdoor pool ramp/gate from the main lot.
- Swimmers may begin entering the outdoor pool area starting 5 minutes prior to the practice time.  
*(Wait for the coaches to indicate it is time to begin entering, once the previous practice group has exited)*
- Following practice, they will be walked back to the ramp area for pick up.
- Parents will need to park and walk up for pick up- swimmers will NOT be released to locate cars in the parking lot and we cannot be responsible for loading a car that pulls up in the drive.

## **Practice Groups in the Indoor Pool**

*\*Note, all Age Group groups will begin practice in the scoreboard pool, but some groups will move to the Record Board pool halfway through practice. See pool assignments by group/coach.*

- The Scoreboard pool is located on the Renaissance Hotel side of the indoor facility.
- The Record Board pool is located on the end of the indoor facility closest to the outdoor pool.
- Parents will need to park and walk up for pick up- swimmers will NOT be released to locate cars in the parking lot.