

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)

All Junior groups will resume practice on Tuesday, August 12th.

- **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, no Practice August 23]
 - 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, no Practice August 23]
- Saturday Strength 11:00-11:30 am (Weight Room)

All Senior groups will resume practice on Tuesday, August 12th.

Senior Red 1 :

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

Senior Red 2:

- o Indoor Pool: Record Board End M/W. Scoreboard End T/TH
- o Mon/Wed: 6:15-7:30pm
- o Core: M/W: 6:00-6:15pm [with Sr. Red 1]
- o Tues/Thurs: 6:00-7:30pm
- o 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.
- o Saturday. 10:30-12:00pm After Thanksgiving/ High school season

Senior White

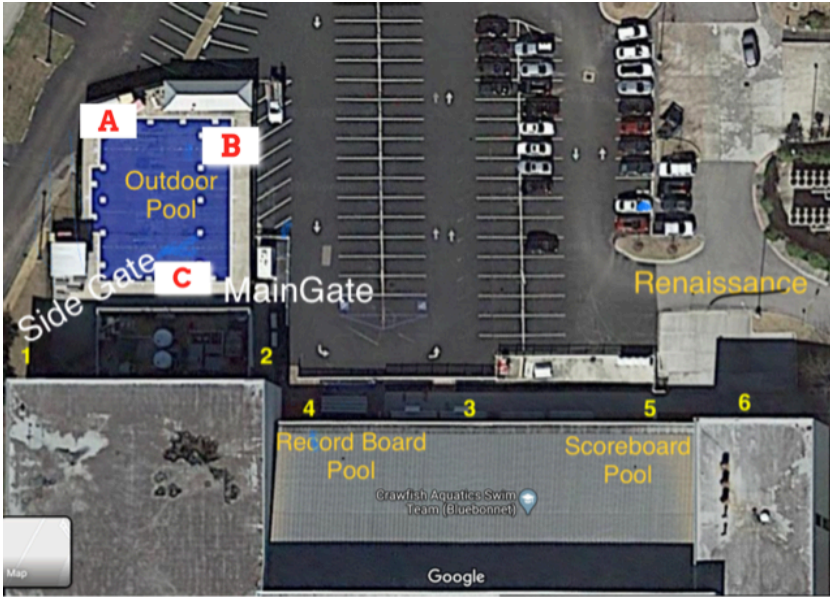
- o Mon/Wed, 3:40-3:55 Core and 4:00-6:00pm Swim Indoor Record Board End
- o Wed, 5:00-6:30am Optional Swim Record Board End [Begins August 20, 2025]
- o Tue/Thur
 - 3:45-4:25pm Strength and 4:30-6:00pm Indoor Pool- Scoreboard End OR
 - 3:45-5:15pm Indoor Pool- Scoreboard End and 5:20-6:00pm Strength
 - We are still working on Groupings for who does strength first and who does second
- o Friday- no practices during HS Season (Sept-Oct/Nov) EXCEPT FOR:
 - Friday- 3:45-5:30pm
 - August 15 and 22 at Crawfish
 - August 29 4:00-5:30pm at Highland Rd Community Park
- o Friday, 3:45-5:30pm will begin After Thanksgiving and High School Season
- o Saturday, 6:30-8:00am Outdoor Pool HS Season (Aug-Oct/Nov)
 - Saturday 6:45-9:00am After Thanksgiving/ HS Season

Senior Black

- o Mon/Fri, 5:00-6:30am(Monday- Record Board End / Friday- Scoreboard End) [Begins August 18]
- o Wed, 5:00-6:30am Optional Swim Record Board End [Begins August 20, 2025]
- o Mon/Wed, 3:45-5:20pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- o Tue/Thur, 3:45-5:55pm Swim Indoor Record Board End and Core 6:00-6:15pm
- o Friday, 3:45-5:15pm Strength. Starts September 5, 2025 [will be swim August 15 and 22, 2025]
 - August 29 4:00-5:30pm at Highland Rd Community Park
- o Friday, 3:45-5:30pm Swim after Thanksgiving/HS Season
- o Saturday, 6:30-8:00am Outdoor Pool HS Season (Aug-Oct/Nov)
 - No Practice Saturday, August 23.
 - Saturday 6:45-9:00am Swim and 9:00-10:00am Strength 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.