

Fall 2026

School Year Swim Team Practice Schedule

- **Novice:** Outdoor pool Lane 1 & 2 [3:40 lane 1 only]
Fall Season runs August 24-November 12 (or Dec 10 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 17/18 through December 10. Practice break Dec 14 - Jan 5, 2027. Resume school year schedule Jan 6-May 13, 2027. Summer Schedule begins May 31, 2027.
 - 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 17/18 through December 10. Practice break Dec 14 - Jan 5, 2027. Resume school year schedule Jan 6-May 13, 2027. Summer Schedule begins May 31, 2027.
 - M/W/F or T/TH/S enrollment (Must attend based on enrolled days for Mon-Thurs 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)
- **High School Group**
Fall Schedule begins August 17/18 through December 10. Practice break Dec 14 - Jan 5, 2027. Resume school year schedule Jan 6-May 13, 2027. Summer Schedule begins May 31, 2027.
 - Aug 17-Aug 27, Mon-Thurs, 6:45-7:45pm Indoor Pool
 - Aug 31-Oct 23 Mon-Thurs, 7:30-8:30pm
 - October 26 and through the Spring/rest of school year Mon/Tues/Thurs, 6:45-8:00pm

All Junior groups will resume practice on Monday, August 17th.

- **Junior Red:**
 - Mon-Thurs 4:30-5:30pm Outdoor Pool Lane 3
 - Core: Tues/Thurs 5:35-5:50pm.

Junior Black & White will swim together for a skills and drills review, Tuesday August 11 through Thursday August 13 from 4:30-6:00pm.

- **Junior White:**
 - Mon-Thurs 6:00-7:15pm
 - Indoor Pool. Scoreboard End M/W. Record Board End T/TH
 - Core/Strength: Mon/Wed 5:35-5:55pm. Yoga room.
 - Friday, 4:45-6:00pm [Only for those swimmers who have conflicts on other days]

- o Saturday, 8:30-10:00am outdoor pool [8:30-10:00 Swim only August 22 & 29]
- o Saturday 9:00-10:30am After Thanksgiving/ HS Season
- o Saturday: Core/Strength 10:10-10:30am [10:40-11:00 after Thanksgiving/HS Season]

Junior Black:

- o M/W, swim 4:30-6:00pm and Strength 4-4:25pm (Weight Room)
- o T/TH Swim 4:15-6:00pm and Core: 4:00-4:10pm (Yoga room)
- o Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- o Friday, No Practice. [Make up with SR or JW if needed through Coach Helen]
- o Saturday, 9:10-11:00am [9-10:30 Swim only August 22 & 29]
- o *Saturday* Strength 8:30-9:00 am (Weight Room)

All Senior groups will resume practice on Monday, August 17th. Optionals are available Tuesday August 11 through Thursday August 13 together from 4:00-5:30pm swimming only.

Senior Red:

- 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
- o Tues/Thurs: 6:00-7:05pm Swim
- o Strength: Tue/Thur 7:15-7:45pm
- o Friday, 4:30-6:00pm Indoor Recordboard Pool
 - Note: August 28 4:00-5:30pm at Highland Road Community Park
 - No Friday Practice after the HS season / after Thanksgiving.
- o Saturday- no practices during HS Season (Aug-Oct/Nov)
 - Saturday 9:00-10:30am 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 [Will begin December '26]
- 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
- o Friday- no practices during HS Season (Sept-Oct/Nov) EXCEPT FOR:
 - Friday- 3:45-5:30pm
 - August 21 - Swim [9/4 Canceled]
- 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

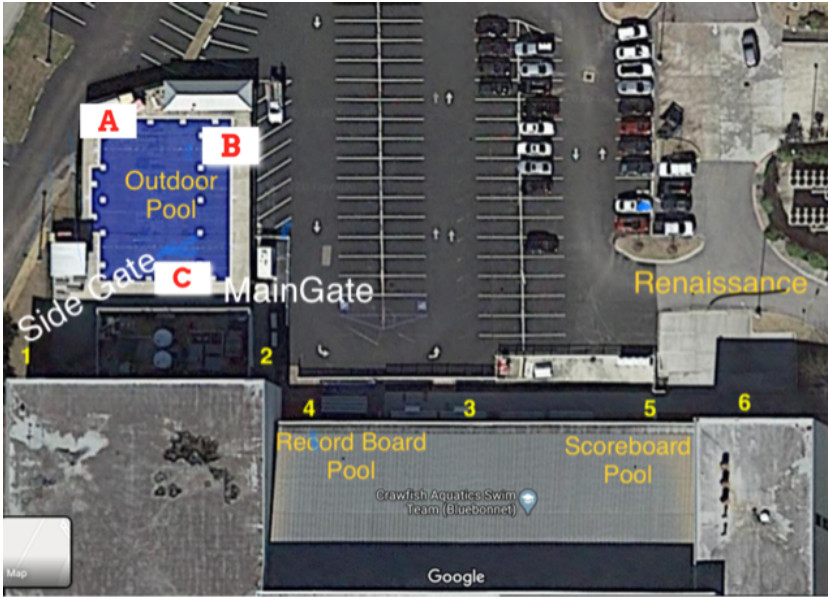
Senior Black

- o Mon/Fri, 5:00-6:30am(Monday- Record Board End / Friday- Scoreboard End) [Begins August 24]

- Wed, 5:00-6:30am Optional Swim Record Board End [Will begin December '26]
- Mon/Wed, 3:45-5:20pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- Tue/Thur, 3:45-5:55pm Swim Indoor Record Board End and Core 6:00-6:15pm
- Friday Afternoons during HS Season- Do what you need to do to be better. Begins 9/4
 - Optional Swims ~2pm [for anyone that can make] OR
 - Optional Strength 3:45pm OR
 - Optional Do your Own Thing- Personal Train, Recovery, Off, Etc.
- Friday, 3:45-5:30pm Swim after Thanksgiving/HS Season
- Saturday, 6:30-8:00am Outdoor Pool HS Season (Aug-Oct/Nov)
 - No Practice Saturday, August 22.
 - 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.