

March to May 2026

- **Novice:** Outdoor pool Lanes 1 & 2
*Spring Season ends May Wednesday or Thursday May 6 or 7.
Summer schedule June 1-July 23, 2026 (re-enrollment will be required for all swimmers in Spring Novice to be on a Summer roster; enrollment links for Summer will be sent start of May).*
 - M/W or T/TH
 - 5-8 years: 3:40-4:20pm or 4:30-5:10pm
 - 9-11 Years: 5:15-6:05pm
 - 10-14 years: 6:10-7:00pm + Sat: 10:00-11:00am
- **9&Under:** Outdoor pool
*Spring Schedule finishes May (Wednesday or Thursday) May 13 or 14. Practice Break May 15-31.
All swimmers remain on the roster and ACTIVE going into the Summer until a drop form is submitted.
Summer schedule starts June 1-July 23, 2026.*
 - M/W- or T/TH or Mon-Thurs (must attend based on enrolled days)
 - 3:40-4:25pm, 8 & U 1&2 Lanes 5 - 8
 - 4:30-5:20pm, 8 & U 1-3 Lanes 4 - 8
- **Age Group:** outdoor & indoor pools
*Spring Schedule finishes May (Wednesday or Thursday) May 13 or 14. Practice Break May 15-31.
All swimmers remain on the roster and ACTIVE going into the Summer until a drop form is submitted.
Summer schedule starts June 1-July 23, 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, all in Outdoor pool (can change out Fri/Sat as needed)
 - Saturday, 10:00-11:15am, all in Outdoor pool (can change out Fri/Sat as needed)

Monday-Thursday: Outdoor & Indoor Pool assignments

- AG 1A: Coach Evan M/W Outdoor Pool lanes 7 & 8
Coach Grace T/TH Outdoor Pool lanes 7 & 8
- AG 1B: Coach Allie..... Outdoor Pool lanes 5 & 6
- AG 2A: Coach Austin M/W Indoor Pool Scoreboard End Lane 8
T/TH Outdoor Pool lanes 3 & 4
- AG 2B: Coach Phillip M/W Outdoor Pool lanes 3 & 4
*T/TH Indoor Pool Scoreboard End Lanes 7 & 8
*T/Th will move to the Record board pool mid-practice
- AG 3 Coach Jordan M/W Indoor Pool Scoreboard End Lanes 5-7
Coach Jordan T/TH Indoor Pool Scoreboard End Lanes 5 & 6
*T/Th will move to the Record board pool mid-practice

- **6:45pm Middle School / Age Group:** Outdoor Pool
Spring Schedule finishes May (Wednesday or Thursday) May 13 or 14. Practice Break May 15-31. All swimmers remain on the roster and ACTIVE going into the Summer until a drop form is submitted. Summer schedule starts June 1-July 23, 2026.

M/T/TH 6:45-8:00 pm Outdoor Pool

- **High School Group:** Outdoor Pool
HS Group will swim a full month of May. The schedule for the week of May 18 & 25 may change slightly (ie, 6:30-7:45pm) and will be confirmed in April. The Summer schedule starts June 1-July 23, 2026. All swimmers remain on the roster and ACTIVE going into the Summer until a drop form is submitted.

M/T/TH 6:45-8:00 pm Outdoor Pool

Remainder of School year schedule for Junior/Senior (runs through May 22).
Junior & Senior Division change to the Summer Practice schedule as of Saturday, May 23.

- **Junior Red:**

- Mon/Wed - 4:30-5:30pm swim outdoor pool
- Tues/Thurs - 4:30-5:30pm swim outdoor pool
- Core/Strength: Tue/Thu 5:35-5:50pm. Yoga room

- **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]
- Saturday, 9:00-10:30am Record Board End
- Saturday: Core/Strength 10:40-11:00am

- **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. [Makeup practice through Coach Helen. Need to email.]
- Saturday, 9:00-11:00 am Record Board End
- *Saturday* Strength 11:05-11:30am (Weight Room)

- **Senior Red:**

- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Mon/Wed, 6:15-7:45pm
- Tue/Thur
 - Strength: 6:00-7:45pm
 - Non-Strength: 6:00-7:30pm
- Core: Mon/Wed 6:00-6:15pm
- Friday, No Practice
- Saturday, 10:30am-12:00pm

- **Senior White:**

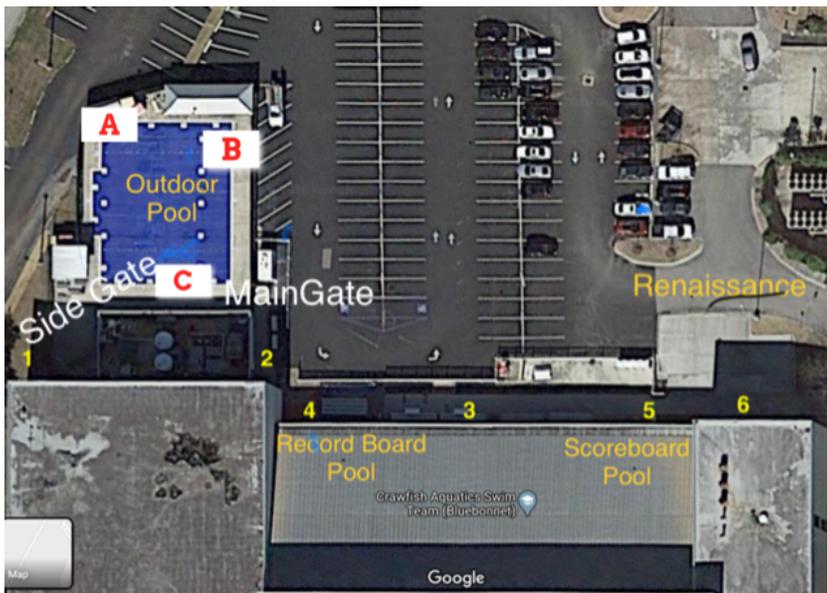
- Mon/Wed, 3:40-3:55pm Core; 4:00-6:00pm Swim Indoor Record Board End
- Tue/Thur,
 - Group 1 3:45-4:25pm Strength and 4:30-6:00pm Indoor Pool- Scoreboard End
 - Group 2 3:45-5:15pm Swim-Scoreboard End and 5:20-6:00pm Strength
- Friday, 4:00-5:30pm
- Saturday 6:45am-9:00am with Senior Black

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
- Mon/Wed, 3:45-5:20pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- Tue/Thur, 3:45--6:00pm Swim Indoor Record Board End and Core After
- Friday, 4:00-5:30pm Swim
- Saturday 6:45-9:00am with Senior White and 9:00am-10:00am Strength

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. Facial coverings are required whenever entering the indoor facility. Swimmers will take them off for practice and put back on following practice throughout the exit process.



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.

Practice Groups in the Indoor- Scoreboard 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.*

-Enter at Zone 5 and exit at Zone 6 (see map)

- The Scoreboard pool is located on the Renaissance Hotel side of the indoor facility.
- Swimmers will enter through the first set of open garage doors at that end of the pool (zone 5) and following practice will exit through the back hallway for pick up.
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.

Practice Groups in the Indoor- Record Board Pool

-Enter at Zone 3 and exit at Zone 4

- The Record Board pool is located on the end of the indoor facility closest to the outdoor pool.
- Swimmers will enter through the garage doors between the 2 pools (zone 3) and following practice will exit through the first set of open garage doors at that end of the pool, by the Info Booth (zone 4).
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.