

## Summer 2026 Practice Schedule (June & July practices)

**School year schedule finishes May 7 for Novice and May 14 for 9 & U, Age Group, MS/AG 6:45pm Group.** No practices May 15-31. Summer Season Schedule begins June 1 for these groups (*re-enrollment required for Novice group but 9 & U, Age Group and 6:45 AG/MS will remain active on the roster until dropped*).

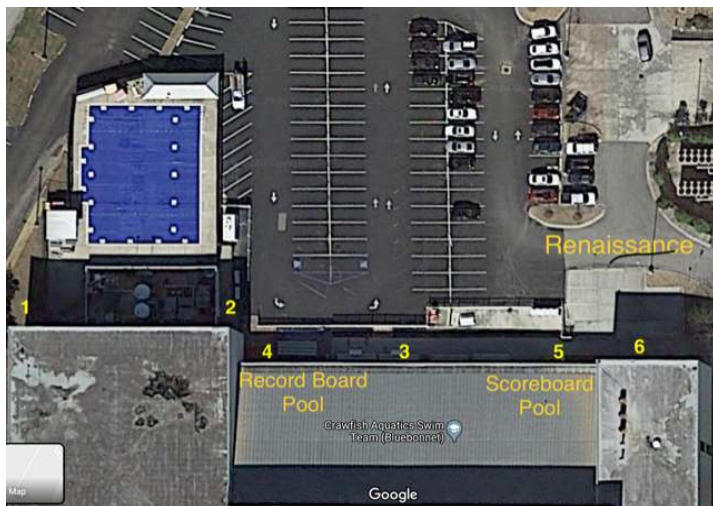
- **Novice** (Summer Season is June 1-July 23; enrollment opens late April).
  - Mon/Wed or Tues/Thurs (outdoor pool)
  - Ages 5-8 Years: 8:30-9:10am, 9:20-10:00am; 3:40-4:20pm, 4:30-5:10pm
  - Ages 9-10 Years: 5:20-6:10pm; 9:20am or 10:05am- TBD
  - Ages 10-14 years: 6:15-7:15pm; 10:05-11:00am
- **9 & Under** (Summer schedule runs June 1-July 23).
  - M/W, T/Th, Mon-Thurs
  - 8:30 - 9:20am (outdoor pool)
  - 4:00 - 4:50pm (Record Board End, indoor pool)
- **Age Group/ HS Group** (Summer schedule runs June 1-July 23).
  - Schedule is Monday-Thursday for the Summer practices (4 day option; no Fri/Sat in Summer). *Swimmers will automatically be on the afternoon practice group roster but can change to the AM group by completing the form that will be sent out in late April.*
  - Mon-Thurs, 9:20-10:30am (Scoreboard End Indoor Pool)
  - Mon-Thurs, 5:00-6:10pm (Record Board End Indoor Pool) *AG 1 & \*2A only at 5:00pm*
  - Mon-Thurs, 6:20-7:30pm (Record Board End Indoor Pool) *\*AG2B, AG3 & HS Grp only at 6:20pm.*
  - *AG 3 will be at the scoreboard end of the pool*
  - AG 2A are swimmers currently in Coach Austin's 5:30pm group.*
  - AG 2B are those swimmers currently in Coach Philip's 5:30pm group.*

**School Year Schedule runs until Friday, May 22 for Junior/Senior.**  
**Summer Schedule begins Saturday, May 23.**

- **Junior Red**
  - Mon-Thurs, 4:00-5:15pm and core Mon/Wed, 5:20- 5:35pm.
  - Sat, with Junior White.
    - 9:00-10:30am
    - Core/Strength Sat 10:40-11:00am
- **Junior White**
  - Mon-Thurs, 5:20-6:50pm Scoreboard End
    - Core/Strength Tu/Th, 5:00-5:15pm
  - Fri, 9:15-10:45am
  - Sat, 9:00-10:30am
    - Core/Strength Sat 10:40-11:00am
- **Junior Black**
  - Mon/Wed/Sat Strength 8:30-9:05am
    - Swim 9:15-11:00am Scoreboard end
  - Tue/Thu Core 8:50-9:05am. Swim 9:15-11:00am Scoreboard end
  - Fri: Swim 9:00-10:45am Record Scoreboard end

- **Senior Red (Strength)**
  - Mon-Thurs, 3:30-4:45pm swim Scoreboard End
  - M/W Core 4:45-5:00pm, T/Th strength 4:45pm-5:15pm
  - Fri: Off
  - Sat: 10:45am-12:15pm
- **Senior Red (Non-Strength)**
  - Mon-Thurs, 3:30-4:45pm swim Scoreboard End
  - M/W Core 4:45-5:00pm
  - Fri: off
  - Sat: 10:45am-12:15pm
- **Senior White**
  - Mon/Wed- 6:45-9:00am Swim (w/Sr. Black)
  - Mon/Wed- 1:30-3:30pm Swim and Strength
  - Tues/Thurs, 6:40-9:00am Swim and Core [core first]
  - Fri, 1:30-3:30pm Swim
  - Sat, 6:45-8:45am Swim
- **Senior Black**
  - Mon/Wed, 6:45-9:00am Swim /1:10-3:30pm Swim and Core [core first]
  - Tue/Thur 6:00-9:00am Swim and Strength [strength first]
  - Fri 6:45-9:00am / 1:30-3:00pm Swim
  - Saturday, 6:45am-9am Swim and Strength 9am-10am

## Pool Assignments, Facility/Pool Entry, and Pool Exit for Practices



### Practice Groups in the Outdoor Pool- Novice and Morning 8 & U

#### **-Drop off / Pick up at Zone 2**

- Swimmers will enter the main gate/ramp from the main parking lot.
- 8:30am practices (8 & U / Novice): Swimmers can begin entering the outdoor pool deck at 8:25am.
- 9:20am & Afternoon Novice: Coaches will meet swimmers at the pool ramp starting 5 minutes prior to the practice time, outside the gate.
- Following all practices, swimmers will be walked to the pool ramp area for pick up.

## **Practice Groups in the Indoor- Record Board Pool**

*This is the end of the indoor facility closest to the outdoor pool*

-Enter at Zone 4 (near the Info Booth/ diving block end).

-Swimmers may enter beginning 5 minutes prior to the start of practice.

-Swimmers exit through Zone 4 following practice and can be picked up from that end or walk inside the white fence area for pick up at the Renaissance end of the facility.

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

*This is the Renaissance side of the indoor facility*

-Enter at Zone 6/back hallway (preferred entry point) and exit at Zone 6

-Swimmers will exit through the first set of open garage doors at that end of the pool (zone 5) or from the back hallway (zone 6) following practice for pick up.