

Winter-Spring 2025/2026

Practice Schedule: December 1, 2025- to March 2, 2026

Adjusted Holiday Practice Schedule, Dec 22-Jan 3:

[See Schedule for these dates posted on the Team News page](#)

Week of March 9: Senior groups & Junior Black move back to the indoor pool and Novice, 8 & U and some Age Group move to the outdoor pool starting March 9. *Practice times will remain the same through the end of the school year.*

- **Novice:** Indoor pool until March 2nd
(*Spring Season: Jan 26-May 7 or March 2-May 7 for 3:40pm, 4:30pm, 5:20pm*)
 - M/W & T/TH 5-8 years: 3:40-4:20pm or 4:30-5:10pm, scoreboard End Lane 1
 - M/W & T/TH 5-8 years: 3:40-4:20pm or 4:30-5:10pm, Scoreboard End Lane 1
 - M/W & T/TH 9-10 Years: 5:20-6:10pm, Record Board End Lanes 7 & 8
 - M/W/S & T/TH/S 10-14 years: 6:10-7:00pm, Record Board End Lanes 7 & 8Saturday 10:00-11:00am Scoreboard End. ***10-14yrs start back January 12, 2026**
- **9&U:** Indoor pool until March 2nd
 - M/W- or T/TH or Mon-Thurs (*must attend based on enrolled days*)
 - M/W & T/TH 3:40-4:25pm Scoreboard End Lanes 2 & 3
 - M/W & T/TH 4:30-5:20pm Scoreboard End Lanes 4-8
- **Middle School/6:45pm Age Group** Indoor pool
 - 6:45-8:00pm group: M/T/Th: Scoreboard Board End Lanes 1-4
- **High School:** Indoor pool
 - 6:45-8:00pm group: M/T/Th: Scoreboard Board End Lanes 5-8
- **Age Group 1A,1B & 2A & 2B:** Indoor pool
 - M/W/F or T/TH/S enrollment (*Must attend based on enrolled days for Mon-Thur practices*)
Scoreboard End Lanes 1-8
 - Friday, 4:45-6:00pm. **All Groups.** Indoor Pool, Record Board End Lanes 3-8
 - Saturday, 10:00-11:15am. **All Groups.** Indoor Pool Scoreboard End Lane 3-8
- **Age Group 3:** Indoor pool
 - M/W/F or T/TH/S enrollment (*Must attend based on enrolled days for Mon-Thur practices*)
Record Board End Lanes 5-6
 - Friday, 4:45-6:00pm. **All Groups.** Indoor Pool, Record Board End Lanes 3-8
 - Saturday, 10:00-11:15am. **All Groups.** Indoor Pool Scoreboard End Lane 3-8

- **Junior Red:** Indoor Pool Scoreboard End
 - Mon-Thurs, 4:30-5:30pm Scoreboard End Lanes 3 & 4
- **Junior White:** Indoor Pool
 - Mon-Thurs, 6:00-7:15pm Record Board End. Lanes 1-4
 - Core M/W: 5:30-5:55pm. Yoga room.
 - Friday, 4:45-6:00pm Record Board End Lanes 1-2
 - Saturday, 9:00-10:30am Record Board End Lanes 5-8
Core 10:40-11:00am
- **Junior Black:** Indoor Pool
 - M/W, swim 4:30-6:00pm Record Board End Lanes 1-4 and Strength 4-4:25pm (Weight Room)
 - T/Th, swim 4:15-6:00pm Outdoor Pool and Core: 4:00-4:10pm (Yoga room)
 - Friday, No Practice.
 - Saturday, 9:00-11:00am Record Board End Lanes 1-4
Strength 11:05-11:30
- **Senior Red:**
 - Mon/Wed, 6:15-7:45pm Outdoor Pool
 - Mon/Wed Core 6:00-6:15pm
 - Tues/Thurs, 6:00-7:30 Swim Outdoor Pool
 - Tue/Thur Strength 7:00-7:45pm (Red 1)
 - Friday, No Practice
 - Saturday, 10:30am-12:00pm (Indoor, Record Board Pool)
- **Senior White:**
 - M/W, 4:00-6:00pm Swim Outdoor Pool
 - Core M/W 3:45-4:00pm
 - T/TH 3:45-6:00pm Swim Record Board Pool 1-4 swim for 1.5 hours and strength 1st or 2nd)
 - Strength T/TH 3:45-4:30pm or 5:15-6:00pm
 - Friday, Swim 3:45-5:30pm with Senior White
 - Saturday, 6:45-9:00am Swim with Senior Black
- **Senior Black**
 - Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
 - Mon/Wed, 3:45-5:25pm Swim Indoor Pool-Record Board End 5-8 and Strength 5:30-6:15pm
 - Tue/Thur, 3:45-6:00pm Swim Outdoor Pool and Core 6:00-6:15pm
 - Friday, 3:45-5:30pm Swim with Senior White
 - Saturday, 6:45-9:00am Swim with Senior White and Strength 9:00-10:00am