

Practice schedule for Swordfish Swim team

Short course season 2025-2026 **subject to change**

rev 8/12/25

SWIM Starts 9/8/25 *Subject to change as seen fit*	Monday	Tues	Wed	Thursday	Friday	Saturday	Sunday
Bronze	5-6pm	OFF	5-6pm	5-6pm	5-6pm	OFF	OFF
Silver 1	6-7pm	5-630pm	OFF	6-7pm	6-7pm	OFF	OFF
Silver 2	OFF	6-730pm	6-7:30pm	6:30-7:45pm	7-8:15pm	8am-9am	OFF
Gold Blue	8-9:30pm	8-9:30pm	8-9:30pm	7:45-9:45pm	OFF	6am-8am	OFF
Gold White	7-845pm	6:30-8pm	7:30-9pm	7-8:30pm	7-8:30pm	Off	OFF

DRYLAND *Subject to change Starts on 9/22/25	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
SILVER 1				Fitness 5-5:45pm gym			
Silver 2		Fitness 5-5:45pm Room 1& 2					
Gold Blue	Dryland 7:7:45p			Dryland 6:45-7:30p			
Gold White	Dryland 6-6:45pm Room 1			Dryland 6-6:45pm			