

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 Junior – 4:45-6:45pm Senior – 4:45-6:45pm White – 6:15-7:30pm Red – 6:15-8:00pm	30 <i>Varsity Home Meet vs Rome @5pm</i> <i>Junior -6:45-8:45pm</i> <i>Senior- 6:45-8:45pm</i>	1 Junior – 4:45-6:45pm Senior – 4:45-6:45pm White – 6:15-7:30pm Red – 6:15-8:00pm	2 Junior – 4:45-6:30pm Senior – 4:45-6:30pm Blue – 6:15-7:30pm Red – 6:15-8:00pm	3 Junior – 4:45-6:30pm Senior – 4:45-6:30pm Blue – 6:15-7:30pm Red – 6:15-8:00pm	4 Senior Group – 7:00-9:00am Junior Group – 7:00-9:00am Little Hammerheads – 10:00-11:00am White – 10:00-11:00am
5	6 Junior – 4:45-6:45pm Senior – 4:45-6:45pm White – 6:15-7:30pm Red – 6:15-8:00pm	7 Junior – 4:45-6:30pm Senior – 4:45-6:30pm Little Hammerheads – 6:15-7:30 White – 6:15-7:30pm Blue – 6:15-7:30pm	8 Junior – 4:45-6:45pm Senior – 4:45-6:45pm White – 6:15-7:30pm Red – 6:15-8:00pm	9 <i>Junior – 2:45-5:00pm</i> <i>Senior – 2:45-5:00pm</i> Blue – 6:15-7:30pm Red – 6:15-8:00pm	10 Junior – 4:45-6:30pm Senior – 4:45-6:30pm Blue – 6:15-7:30pm Red – 6:15-8:00pm	11 Senior Group – 6:00-8:00am Junior Group – 6:00-8:00am
12	13 Columbus Day No Practice	14 Junior – 4:45-6:30pm Senior – 4:45-6:30pm Little Hammerheads – 6:15-7:30 White – 6:15-7:30pm Blue – 6:15-7:30pm	15 Junior – 4:45-6:45pm Senior – 4:45-6:45pm White – 6:15-7:30pm Red – 6:15-8:00pm	16 <i>Varsity Home vs. Proctor @ 5pm</i> <i>Red – 6:45-8:15pm</i> <i>Junior – 6:45-8:45pm</i> <i>Senior – 6:45-8:45pm</i>	17 Junior – 4:45-7:00pm Senior – 4:45-7:00pm Blue – 6:15-7:30pm Red – 6:15-8:00pm	18 <i>Senior Group – 7:00-9:00am</i> <i>Junior Group – 7:00-9:00am</i> Little Hammerheads – 10:00-11:00am White – 10:00-11:00am
19	20 Junior – 4:45-7:00pm Senior – 4:45-7:00pm <i>White – 6:15-7:30pm</i> Red – 6:15-8:00pm	21 <i>Varsity Home vs. Jamesville-Dewitt @ 5pm</i> No Practice – Come Cheer on our Lady Spartans!	22 Junior – 4:45-6:30pm Senior – 4:45-6:30pm <i>Blue – 6:15-7:30pm</i> Red – 6:15-8:00pm	23 Team Intrasquad “Mini” Meet Jr/Sr Warm-up @ 5:00pm Red Warm-up @ 5:30pm Littles/White/Blue @ 6:00pm Meet Start @ 6:30pm	24 Varsity TVL League Meet @ Rome <i>Junior – 2:45-5:00pm</i> <i>Senior – 2:45-5:00pm</i> <i>Red – 4:45-6:30pm</i> Blue – 6:15-7:30pm <i>White – 6:15-7:30pm</i>	25 Trick or Treat Meet @ Union
26 Trick or Treat Meet @ Union <i>Perry Pool Reopens →</i>	27 Junior – 4:45-7:00pm Senior – 4:45-7:00pm Red – 6:15-8:00pm	28 Junior – 4:45-7:00pm Senior – 4:45-7:00pm Little Hammerheads – 6:15-7:30 @ Perry White – 6:15-7:30pm Blue – 6:15-7:30pm	29 Junior – 4:45-7:00pm Senior – 4:45-7:00pm White – 5:00-6:00 @ Perry Red – 6:15-8:00pm	30 Varsity Fundraiser @ Home Football Game <i>Junior – No Practice</i> <i>Senior – No Practice</i> White – 5:00-6:00pm @ Perry Blue – 6:15-7:30pm Red – 6:15-8:00pm	31 Halloween – No Practice for White, Blue, & Red Groups Junior – 4:30-6:00pm Senior – 4:30-6:00pm	1 Fin-tastic Fall Meet @ Clark Sports Center