



PEAQ - USC Practice Schedule

All Practices at USC High School

Schedule for the Week of January 12, 2026

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learn to Swim	5:35-6:05p					11:30a-1:10p	
Developmental	<i>Starts Monday 1/19</i>						
Age Group 1	6:15-7:15p	No Practice		5:30-6:30p		11:00a-12:00p	
Age Group 2	7:15-8:15p	No Practice		6:30-7:30p		10:00-11:00a	
Age Group 3	6:30-8:00p	No Practice	7:30-9:00p	7:00-8:30p	5:30-7:00p	9:30-11:30a	
Junior	5:00-6:30p	No Practice	7:30-9:00p	5:15-7:00p 7:00-7:45 dryland	5:30-7:30p	7:45-10:00a 10-11 dryland	
USC High School/ Senior	3:10-5:30p 5:30-6:30 Dryland	3:10-5:30p	<i>USC HS Home vs S. Fayette</i>	3:10-5:30p 5:30-6:30 Dryland	5:30-6:45a or 6-7:15a 3:10-5:30p	7:45-10:00a 10-11 dryland	
USC HS Diving		3:00-5:00p	<i>Home vs. SF</i>		3:00-5:00p		
Group Diving Lessons				7:00-9:00p			