



PEAQ - USC Practice Schedule

All Practices at USC High School

General Schedule for Short Course 2025

Please note that this schedule is subject to change based on group registration numbers. Also, this schedule will be impacted by Ft. Couch Middle School meets and practices primarily in September as well as by home high school meets December through February.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learn to Swim	TBD						
Developmental	5:30-6:30p <i>Starts October 13</i>		5:00-6:00p <i>Starts October 15</i>				
Age Group 1		5:30-6:30p		5:30-6:30p		11:00a-12:00p	
Age Group 2		6:30-7:30p		6:30-7:30p		10:00-11:00a	
Age Group 3	6:45-8:30p	6:30-8:00p	6:00-7:30p	Off	5:30-7:00p	9:30-11:30a	
Junior	5:00-7:00p	5:00-6:30 6:30-7:15 dryland	5:30-7:30p	5:30-7:00 7-7:45 dryland	5:00-7:00p	7:45-10:00a 10-11a Dryland	
Senior	3:10-5:30p	3:10-5:30p 5:30-6:30 dryland	3:10-5:30p	3:10-5:30p 5:30-6:30 dryland	5:30-6:45a OR 6:00-7:15a 3:10-5:30p <i>Afternoons start 10/10</i>	7:45-10:00a 10-11a Dryland	