



PEAQ - USC Practice Schedule

All Practices at USC High School

General Schedule for January - March 2026

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learn to Swim	5:30-6:10p					11:30a-1:10p	
Developmental	6:15-7:15		5:00-6:00p				
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	6:30-8:15p	7:00-8:30p	6:00-7:45p	No Practice	5:30-7:00p	9:30-11:30a	
Junior	5:15-7:00p	5:15-7:00p 7:00-7:45 dryland	5:30-7:30p	5:15-7:00p 7:00-7:45 dryland	5:30-7:30p	7:45-10:00a Dryland 10-11	
Senior	3:10-5:30p 5:30-6:30 dryland	3:10-5:30p	3:10-5:30p 5:30-6:30 dryland	3:10-5:30p	5:30-6:45a OR 6-7:15a 3:10-5:00p	7:45-10:00a Dryland 10-11	