

2025-26 HOLIDAY TRAINING PRACTICE SCHEDULE (DEC 21st - JAN 4)

SENIOR DIVISION		Sunday 12/21-Sunday 12/28	Monday 12/29	Tuesday 12/30	Wed 12/31	Thu 1/1	Fri 1/2	Sat 1/3
NATIONAL	AM	OFF	Group #1: SWIM- 5:30-7:30 Group #2 DRY- 5:30-6:30 SWIM 6:30-8:00	Group #2: SWIM- 5:30-7:30 Group #1 DRY- 5:30-6:30 SWIM 6:30-8:00	SWIM 7:00-9:00am	SWIM 10:00am-12:00pm	SWIM- 6:30-9:00am	SWIM 6:00-8:00am GYM 8:00-9:00am
			Cactus	Cactus	Cactus	Cactus	Cactus	
	PM	OFF	SWIM 1:00-3:00pm	SWIM 1:00-3:00pm	SWIM 1:00-3:00pm	OFF	OFF	
			Cactus	Cactus	Cactus	Cactus	Cactus	
SECTIONAL	PM	OFF	1:00-3:00pm	1:00-3:00pm	SWIM 1:00-3:00pm	SWIM 10:00-12:00pm	1:00-3:00pm	GYM- 7:00-8:00am SWIM 8:00-9:30am
		Cactus	Cactus	Cactus	Cactus	Cactus	Cactus	
SENIOR	PM	OFF	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	OFF	SWIM 3:00-5:00pm	DRY- 7:00-7:50am SWIM 8:00-9:30pm
			Chap	Chap	Chap		Chap	MMR
HIGH SCHOOL DEV.	PM	OFF	SWIM 5:30-7:00pm	SWIM 5:30-7:00pm	OFF	OFF	SWIM 5:30-7:00pm	SWIM 9:00 - 10:30am
			Cactus	Cactus			Cactus	Cactus
13-14 DIVISION		Sunday 12/21-Sunday 12/28	Monday 12/29	Tuesday 12/30	Wed 12/31	Thu 1/1	Fri 1/2	Sat 1/3
13-14 GOLD	AM	OFF	GYM 6:30-7:30am SWIM 7:30-9:00am	OFF	SWIM 5:30-7:00am GYM 7:00-8:00am	OFF	OFF	SWIM 7:30-9:00am GYM 9:00-10:00am
			Cactus		Cactus			Cactus
	PM		SWIM 3:00-5:00pm	SWIM 3:00-5:00pm	OFF	OFF	SWIM 3:00-5:00pm	
			Cactus	Cactus	Cactus		Cactus	
13-14 SILVER	PM	OFF	SWIM 3:00-5:00pm	SWIM 3:00-5:00pm	SWIM 3:00-5:00pm	OFF	SWIM 3:00-5:00pm	DRY 6:45-7:30am SWIM 7:30-9:00am
		Cactus	Cactus	Cactus		Cactus	Cactus	
13-14 BRONZE	PM	OFF	SWIM 5:00-6:30pm	SWIM 5:00-6:30pm	OFF	OFF	SWIM 5:00-6:30pm	SWIM 9:00-10:30am
			Cactus	Cactus			Cactus	Cactus
13-14 BLUE	PM	OFF	SWIM 5:00-6:30pm	SWIM 5:00-6:30pm	OFF	OFF	SWIM 5:00-6:30pm	SWIM 9:00 - 10:30am
			Cactus	Cactus			Cactus	Cactus
11-12 DIVISION		Sunday 12/21-Sunday 12/28	Monday 12/29	Tuesday 12/30	Wed 12/31	Thu 1/1	Fri 1/2	Sat 1/3
11-12 GOLD		OFF	5:00-7:00pm	SWIM- 5:00-7:00pm	SWIM 3:00-5:00pm	OFF	SWIM- 5:00-7:00pm	DRY- 9:00am- 9:30am SWIM 9:30-11:15am
			Cactus	Cactus	Cactus		Cactus	Cactus
11-12 SILVER		OFF	SWIM 3:30-5:00pm	SWIM 3:30-5:00pm	SWIM 3:00-5:00pm	OFF	SWIM 3:30-5:00pm	DRY 9:00-9:30am SWIM 9:30-11:15am
			Cactus	Cactus	Cactus		Cactus	Cactus
11-12 BRONZE		OFF	SWIM 6:00-7:30pm	SWIM 6:00-7:30pm	OFF	OFF	SWIM 6:00-7:30pm	10:30am - 12:00pm
			Chap	Chap			Chap	Cactus
11-12 BLUE		OFF	SWIM 5:00-6:00pm	SWIM 5:00-6:00pm	OFF	OFF	SWIM 5:00-6:00pm	OFF
			Chap	Chap			Chap	
10&U DIVISION		Sunday 12/21-Sunday 12/28	Monday 12/29	Tuesday 12/30	Wed 12/31	Thu 1/1	Fri 1/2	Sat 1/3
10&U GOLD		OFF	SWIM 5:45-7:30pm	SWIM 5:45-7:30pm	OFF	OFF	SWIM 5:45-7:30pm	SWIM 9:00-10:30am
			Chap	Chap			Chap	Cactus
10&U SILVER		OFF	SWIM 5:45-7:30pm	SWIM 5:45-7:30pm	OFF	OFF	SWIM 5:45-7:30pm	SWIM 9:00-10:30am
			Chap	Chap			Chap	Cactus
10&U BRONZE A		OFF	SWIM 4:45-5:45pm	SWIM 4:45-5:45pm	OFF	OFF	SWIM 4:45-5:45pm	SWIM 10:30am-12:00pm
			Chap	Chap			Chap	Cactus
10&U BRONZE B		OFF	SWIM 4:45-5:45pm	SWIM 4:45-5:45pm	OFF	OFF	SWIM 4:45-5:45pm	SWIM 10:30am-12:00pm
			Chap	Chap			Chap	Cactus
10&U BLUE/Yellow		OFF	4:00-4:45pm	4:00-4:45pm	OFF	OFF	4:00-4:45pm	OFF
			Chap	Chap			Chap	