



## Glendale (Foothills & ACU)

### Winter 2025 Schedule

#### Arizona Christian University Firestorm Recreation Center

##### ACU Winter 2025 Schedule (Spring 2026 TBD)

##### Senior I USA | Senior II USA | Senior III USA

Monday-Thursday 5:30-7:30pm | Friday 4:30-6:30pm | Saturdays @ Foothills 9:00-11:00am

##### Blue USA

Monday-Thursday 5:30-7:30pm | Friday 4:30-6:30pm | Saturdays @ Foothills 9:00-11:00am

##### Black USA

Monday-Thursday 7:00-8:30pm | Friday 6:00-7:30pm | Saturdays @ Foothills 9:30-11:00am

##### White USA

Monday-Thursday 7:30-8:30pm | Friday 6:30-7:30pm | Saturdays @ Foothills 9:30-10:30am

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#### Foothills Recreation & Aquatic Center

##### Foothills Winter 2025 & Spring 2026 Schedule

##### Monday-Thursday (No Practices on Federal Holidays)

Trident III 4:45-5:45pm | Trident High School 4:45-5:45pm

Trident I 5:45-6:15pm | Trident II 6:15-7:00pm

##### Saturday

Trident I 9:00-9:30am

Trident II 9:30-10:15am | Trident III 9:30-10:30am | Trident High School 9:30-10:30am

White (USA) 9:30-10:30am | Black (USA) 9:30-11:00am | Blue/Senior (USA) 9:00-11:00am

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To schedule a required tryout for group placement, or for more information, contact Coach Helen.

[Helenz@SwimNeptune.com](mailto:Helenz@SwimNeptune.com)

Register online: \$135 annual team fee (valid until 8/31/26) includes a team shirt and 2 team caps. Monthly Fee \$65-\$185

The foundation of Swim Neptune is programming designed to welcome new swimmers into the sport and challenge returning swimmers to excel in a fun and rewarding environment.