



## Practice Schedule (2025-2026)

Renaissance High School (RHS)							
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>T-Prep</b>	5:00-6:45pm	5:00-6:45pm	5:00-6:45pm	5:00-6:45pm		10:00-12:00pm	
<b>T-Senior 1</b>	6:00-8:00pm		6:00-8:00pm			8:00-10:00am	
<b>T-Senior 2</b>	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm	8:00-10:00am	
<b>T-Sectionals</b>	6:00-8:00pm	5:30-8:00pm	<b>5:45-6:45pm</b> 7:00-9:00pm @ HC	5:30-8:00pm	6:00-8:00pm	<b>9:30-10:30am</b> 10:45-1:15pm @ HC	

**BOLD** = Weightroom

**HC** = Hampshire College

Friday's (5:00-6:15) - Swim Lessons/Stroke Clinic/Pre-Team