



Practice Schedule (2025-2026)

Renaissance High School (RHS)							
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
T-AG2		5:00-6:00pm	5:00-6:30pm		5:00-6:30pm	10:30-12:00pm	
T-Prep	5:00-6:45pm	5:30-7:15pm	5:00-6:45pm		5:00-6:45pm	10:30-12:00pm	
T-Senior 1	5:00-7:30pm		6:00-8:00pm		5:00-7:15pm	8:00-10:30am	
T-Senior 2 & T-Sectionals*	5:00-7:30pm	5:30-8:00pm	6:00-8:00pm	5:00-8:00pm	5:00-7:15pm	8:00-10:30am	

*T-Sectional swimmers are welcome and encouraged to practice at least once a week at Hampshire College and permitted to attend any of the weight room sessions. Expectation is 6 practices a week minimum.