

PHOENIX SWIM CLUB – GOODYEAR

2025-26 WINTER PRACTICE SCHEDULE – STARTS JANUARY 5, 2026

SENIOR	Mon - Fri	4:30 – 6:30 p.m.
	Tues & Thu	5:00 – 6:30 a.m.
	Tues & Thu	4:30 – 5:00 p.m. (dryland)
	Saturday	8:00 – 10:00 a.m.
PRE SENIOR	Mon – Fri	6:30 – 8:00 p.m.
	Tues & Thu	5:00 – 6:30 a.m.
	Mon & Wed	6:00 – 6:30 p.m. (dryland)
	Saturday	8:00 – 10:00 a.m.
GOLD (Junior gold)	Mon – Fri	6:30 – 8:00 p.m.
	Tues & Thu	6:00 – 6:30 p.m. (dryland)
	Saturday	8:00 – 10:00 a.m.
SILVER (Junior silver)	Monday	5:00 – 6:00 p.m.
	T, Th, F	5:30 – 6:30 p.m.
BRONZE (Age Group Development)	M, W, F	5:30 – 6:30 p.m.
FINS RAYS	Tues & Thu	4:30 – 5:00 p.m.
	Tues & Thu	5:00 – 5:30 p.m.
MASTERS	Mon & Wed	6:30 – 7:30 p.m.
	Tues & Thu	5:30 – 6:30 a.m.