

PHOENIX SWIM CLUB - 2025 FALL PRACTICE SCHEDULE – STARTS AUGUST 11, 2025

NATIONAL	Mon - Fri	3:30 – 5:30 p.m.
	Tues, Thurs, Fri	5:00 – 6:30 a.m.
	Tues & Thurs	3:30 – 4:15 p.m. (Dryland)
	Saturday	6:00 – 9:00 a.m.
	Saturday	6:00 – 7:00 a.m. (Dryland)
SENIOR (SILVER)	Mon - Fri	3:30 – 5:30 p.m.
	Tues & Thurs	5:30 – 6:45 a.m.
	Tues & Thurs	4:45 – 5:30 p.m. (Dryland)
	Saturday	7:00 – 9:00 a.m.
BLACK	Mon – Fri	5:30 – 7:30 p.m.
	Tues & Thurs	5:30 – 6:45 a.m.
	Mon & Wed	5:00 – 5:30 p.m. (Dryland)
	Saturday	7:00 – 9:00 a.m.
RED	M, T, W, Th	5:30 – 7:30 p.m.
	Fri	5:30 – 7:15 p.m.
	Mon & Wed	5:30 – 6:00 p.m. (Dryland)
	Saturday	9:00 – 11:00 a.m.
WHITE	M, T, Th, F	4:00 – 5:30 p.m.
	Saturday	9:00 – 10:30 a.m.
RISING STARS	Tues, Wed, Thurs	5:30 – 6:30 p.m.
	Saturday	9:00 – 10:00 a.m.
STARFISH	Mon & Fri	5:30 – 6:30 p.m.
	Wednesday	5:00 – 6:00 p.m.
GOLDFISH	Wed	4:15 – 5:00 p.m.
	Fri	4:45 – 5:30 p.m.
SEALS	Mon & Wed	5:00 – 5:30 p.m.
TIGERSHARKS	Mon & Wed	5:30 – 6:00 p.m.
MARLINS	Mon & Wed	6:00 – 6:30 p.m.
STINGRAYS	Tues & Thurs	5:00 – 5:30 p.m.
HAMMERHEADS	Tues & Thurs	5:30 – 6:00 p.m.
JELLYFISH	Tues & Thurs	6:00 – 6:30 p.m.
SPECIAL OLYMPICS PSC	Wednesday	6:30 – 7:30 p.m. & Sun. 11:00 a.m. – 12:00 p.m.
SPECIAL OLYMPICS PV	Saturday	11:30 a.m. – 12:30 p.m.

PHOENIX SWIM CLUB MASTERS

Mon - Fri	5:30 – 7:00 a.m.
Mon - Fri	11:30 a.m. – 1:00 p.m.
Mon, Tues, Thurs & Fri	6:30 – 7:45 p.m.
Sunday	8:30 – 10:30 a.m.