

2025 – 2026 PRACTICE SCHEDULE

SENIOR DIVISION		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENIOR	AM	OFF	Swim 5:00 - 7:00am	OFF	Swim 5:00 - 7:00am	OFF	Swim 6:15am - 9:15am
	PM	Dryland 3:30 - 4:15pm Swim 4:15pm - 6:15pm	Swim 4:15pm - 6:15pm	Dryland 3:30 - 4:15pm Swim 4:15pm - 6:15pm	OFF	Swim 4:00 - 6:30pm	OFF

12&DIVISION		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GOLD	AM	OFF	Optional for 12&O Swim 5:00 - 7:00am	OFF	Optional for 12&O Swim 5:00 - 7:00am	OFF	Swim 8:30am - 10:00am
	PM	Dryland 4:00pm - 4:30pm Swim 4:30 - 6:00pm	Dryland 4:00pm - 4:30pm Swim 4:30 - 6:00pm	Swim 4:30pm - 6:00pm	Dryland 4:00pm - 4:30pm Swim 4:30 - 6:00pm	OFF	OFF
SILVER	PM	Swim 6:15pm - 7:45pm	Swim 6:15pm - 7:45pm	Swim 6:15pm - 7:45pm	Swim 6:15pm - 7:45pm	OFF	Swim 8:30am - 10:00am
BRONZE	PM	Swim 6:15pm - 7:30pm	Swim 6:15pm - 7:30pm	Swim 6:15pm - 7:30pm	OFF	Swim 6:15pm - 7:30pm	Swim 9:15am - 10:30am
DEV 1	PM	Swim 5:20pm - 6:05pm	Swim 5:20pm - 6:05pm	Swim 5:20pm - 6:05pm	OFF	OFF	Swim 9:00am - 10:00am
DEV 2	PM	Swim 6:10pm - 6:55pm	Swim 6:10pm - 6:55pm	Swim 6:10pm - 6:55pm	OFF	OFF	Swim 9:00am - 10:00am
COPPER	PM	Swim 5:00pm - 5:45pm	Swim 5:00pm - 5:45pm	Swim 5:00pm - 5:45pm	OFF	OFF	OFF

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Equipment List:

<u>Dev</u>	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>	<u>Senior</u>
Cap + Goggles	Cap + Goggles	Cap + Goggles	Cap + Goggles	Cap + Goggles
Fins	Fins	Fins	Fins	Fins
Snorkel	Snorkel	Snorkel	Snorkel	Snorkel
Kickboard	Kickboard	Kickboard	Kickboard	Kickboard
Equipment Mesh Bag	Buoy	Buoy	Buoy	Buoy
Water Bottle	Equipment Mesh Bag	Strokemaker Paddles	Strokemaker Paddles	Strokemaker Paddles
	Water Bottle	Equipment Mesh Bag	Equipment Mesh Bag	Hockey Puck
		Water Bottle	Water Bottle	2 Tennis Balls
				Equipment Mesh Bag
				Water Bottle