

2025 FALL Practice Schedule (NEW):

Groups:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	*5:00-6:30 AM 6:00-8:00 PM	6:00-7:45 PM	*5:00-6:30 AM 6:00-8:00 PM	6:00-7:45 PM	5:00-6:30 AM	6:00-8:00 AM
Gold	6:00-7:45 PM	6:00-7:45PM	6:00-7:45PM	6:00-7:45PM	5:00-6:30 AM	6:00-8:00 AM
Silver	5:15-6:30 PM	5:00-6:15 PM	5:15-6:30 PM	5:00-6:15 PM		8:00-9:15 AM
Bronze	4:15-5:15 PM		4:15-5:15 PM			8:00-9:00 AM
Red		4:15-5:00 PM		4:15-5:00 PM		

Dryland Schedule:

Groups:	Tuesday	Thursday
Senior	5:15-6:00 PM	5:15-6:00 PM
Gold	5:15-6:00 PM	5:15-6:00 PM

* NB: An additional option for GOLD swimmers with schedule conflicts.