

Windsor Aquatic Club 2025-2026 Practice Schedule

		Pre S4S A/B	Pre S4S C/D	S4S A/B	S4S C/D	Seal 1	Seal 2	Seal 3	Comp 1	Comp 2	AGD 1	AGD 2	Age Group	Prov	SD	SR	Masters
Pool		WIATC + shallow	WIATC + shallow	WIATC + shallow	WIATC + shallow	WIATC + shallow	WIATC + shallow	WIATC + shallow	WIATC + shallow	WIATC + shallow	WIATC	WIATC	WIATC	WIATC	WIATC/ WFCU	WIATC	WIATC/ WFCU
MON	AM																5:45-7 (WIATC)
	PM	6:15 - 7 (A) OR 6:45-7:30 (B)		5:15 - 6:30 (A) OR 6:15-7:30 (B)		6:15 - 7:30	4:15 - 5:30	4:15 - 5:30	4:15 - 5:30	5:15 - 6:30	5:45 - 7:30		5:45 - 7:30	4:45-6 (dry) 6 - 7:30	3:45- 6:00 6- 7 (dry)	3:45-6:00	
TUES	AM												5:15- 7		5:15 - 7	5:15 - 7	
	PM		6:15 - 7 (C) OR 6:45 - 7:30 (D)		5:15 - 6:30 (C) OR 6:15-7:30(D)		4:15 - 5:30		4:15 - 5:30			5:45-7:30		5:15-7:30	4:15 - 6 (WFCU)	3:45-5:30 5:30- 6:30 (dry)	5:45-7 (WFCU)
WED	AM																5:45-7 (WIATC)
	PM	6:15 - 7 (A) OR 6:45 - 7:30 (B)		5:15 - 6:30 (A) OR 6:15-7:30 (B)		6:15 - 7:30		4:15 - 5:30	5:15 - 6:30	4:15 - 5:30	4:15 - 6	5:45-7:30	4:45-6(dry) 6 - 7:30	5:45 - 7:30	3:45- 6:00 6- 7 (dry)	3:45-6:00	
THURS	AM													5:15- 7		5:15- 7	
	PM		6:15-7 (C) OR 6:45 - 7:30(D)		5:15 - 6:30 (C) OR 6:15-7:30(D)	5:15 - 6:30	6:15 - 7:30	4:15 - 5:30		4:15 - 5:30	5:15 - 7	5:15 - 7			4:15 - 6 (WFCU)	3:45- 5:30 5:30-6:30 (dry)	5:45-7 (WFCU)
FRI	AM														5:15 - 7 (LC)	5:15- 7 (SC)	
	PM												4:45-6(dry) 6 - 7:30	3:45 - 6:00 (LC)		3:45 - 6:00 (LC)	
SAT	AM								8:45 - 10:00	8:45 - 10:00	7:15 - 9 9-10 (dry)	7:15 - 9 9-10 (dry)	8:15-10 (LC)	7:15 - 8:30 (dry) 8:30 - 10 (LC)	6:45-8:30(LC) 8:30 - 9:30 (dry)	6:45-8:30(LC) 8:30 - 9:30 (dry)	
SUN	AM																9-10AM (WIATC+LC)

A mandatory 15 minute activation period has been placed at the start of ALL practices. Swimmers are expected to arrive on time, in their suit, with their equipment and be ready to go at the designated time