

SDA will follow our regular practice schedule until December 24th. Starting December 26-January 3 we will have morning practices only during the week.

There will be **no practice** for all groups **December 24, 25, 31 and January 1.**

❄️ **Group Practice Times December 26-January 3, 2025** ❄️

- **Junior Development 1:** 10:00 – 11:00 am (competition pool)
- **Junior Development 2:** 9:00 – 10:00 am
- **Junior Intermediate:** 9:00 – 10:15 am
- **Junior Olympic:** 9:00 – 11:00 am
- **Junior Advanced:** 7:00 – 8:30 am
- **Senior Development:**
 - Weekdays: 7:00 – 9:00 am
 - Saturdays: 7:00 – 9:30 am
 - ASP: 9:00 – 10:00 am (Dec 26, 29 and Jan. 2)
- **Senior Group:**
 - Weekdays: 7:00 – 9:00 am
 - Saturdays: 7:00 – 9:30 am
 - ASP: 9:00 – 10:00 am (Dec 26, 29 and Jan. 2)

✨ **Wishing everyone a joyful holiday season and a strong start to 2026!** ✨