



2025 -2026 Winter Holiday Practice Schedule

December 20th – January 5th

(We will return to regular practice schedule on Tuesday, January 6th)

Senior III (No practice December 25th and January 1st)

Monday, Tuesday, & Friday* 8:00 – 10:00 AM and 4:00 – 6:00 PM
*Friday, December 26th 4:00 – 6:00 PM (No morning practice)
Saturday 8:00 – 10:00 AM
Sunday 8:00 – 10:00 AM
Wednesday, December 24 8:00 – 10:00 AM (No afternoon practice)
Wednesday, December 31 8:00 – 10:00 AM (No afternoon practice)

Senior II (No practice December 25th and January 1st)

Monday, Tuesday, & Friday* 8:00 – 10:00 AM and 4:00 – 6:00 PM
*Friday, December 26th 4:00 – 6:00 PM (No morning practice)
Saturday 8:00 – 10:00 AM
Sunday 8:00 – 10:00 AM
Wednesday, December 24 8:00 – 10:00 AM (No afternoon practice)
Wednesday, December 31 8:00 – 10:00 AM (No afternoon practice)

Senior I (No practice December 25th and January 1st)

Monday, Tuesday, & Friday* 8:00 – 9:30 AM
*Friday, December 26th 4:00 – 6:00 PM
Saturday 8:00 – 9:30 AM
Wednesday, December 24 8:00 – 9:30 AM
Wednesday, December 31 8:00 – 9:30 AM

Junior II – Swimming with Senior 2 (No practice December 25th and January 1st)

Monday-Wednesday & Friday* 8:00 – 10:00 AM
*Friday, December 26th 4:00 – 6:00 PM
Saturday 8:00 – 10:00 AM

Junior I (No practice December 24th, 25th, 31st, and January 1st)

December 22-23 5:00 – 6:30 PM
December 26 5:00 – 6:30 PM
December 27 10:00 – 11:30 AM
December 29, 30 5:00 – 6:30 PM
January 2 5:00 – 6:30 PM
January 3 10:00 – 11:30 AM
January 5 5:00 – 6:30 PM



2025 -2026 Winter Holiday Practice Schedule

December 20th – January 5th

(We will return to regular practice schedule on Tuesday, January 6th)

Age Group II (No practice December 24th, 25th and January 1st.

December 22, 23	4:00 – 5:30 PM
December 26	4:00 – 5:30 PM
December 27	10:00 – 11:30 AM
December 29, 30	4:00 – 5:30 PM
December 31	9:00 – 10:30 AM
January 2	4:00 – 5:30 PM
January 3	10:00 – 11:30 AM
January 5	4:00 – 5:30 PM

Age Group I (No Practice December 24th, 25th and December 31st – January 1st

December 22-23	5:00 – 6:30 PM
December 26	5:00 – 6:30 PM
December 27	10:00 – 11:30 AM
December 29, 30	5:00 – 6:30 PM
January 2	5:00 – 6:30 PM
January 3	10:00 – 11:30 AM
January 5	5:00 – 6:30 PM

Sharks (No Practice December 24th, 25th and December 31st – January 1st

December 22-23	5:30 – 6:45 PM
December 26	5:30 – 6:45 PM
December 27	10:00 – 11:15 AM
December 29, 30	5:30 – 6:45 PM
January 2	5:30 – 6:45 PM
January 3	10:00 – 11:15 AM
January 5	5:30 – 6:45 PM

Dolphins (No practice December 24-28, December 31- January 4th)

December 22, 23	5:30 – 6:30 PM
December 29, 30	5:30 – 6:30 PM
January 5	5:30 – 6:30 PM

Guppies (No practice December 24-28, December 31- January 4th)

December 22, 23	4:00 – 4:45 PM or 4:45 – 5:30 PM
December 29, 30	4:00 – 4:45 PM or 4:45 – 5:30 PM
January 5	4:00 – 4:45 PM or 4:45 – 5:30 PM