

SWIM FORT LAUDERDALE-SFTL
2025-2026 FALL/WINTER PRACTICE SCHEDULE

Revised August 22, 2025=Subject to Change

The SFTL Fall/Winter Practice Schedule will be in effect August 20, 2024 to June 2025

GOLD/SILVER/ BRONZE (SENIOR):

Mon/Wed= 4:15-6:30p.m.
Tue/Thu= 3:40-6:30p.m. (Includes dryland before swim practice)
Tue/Thu= 5:30-6:45a.m.
Fri= 4:30-6:30pm
Sat= 7:00-10:00a.m. (Includes dryland after swim practice)

AGE GROUP BLUE:

Mon/Wed= 4:30/4:45-6:45p.m.
Tue/Thu= 4:30-7:00p.m. (Includes dryland after swim practice)
Fri= 5-6:30p.m.
Sat= 8:00-10:45a.m. (Includes dryland before swim practice)

AGE GROUP YELLOW II:

Mon/Wed/Fri= 5-6:30p.m.
Tue/Thu= 5:00-7:00p.m. (Includes dryland before swim practice=5-5:30p.m.)
Sat= 9:30-11:30a.m. (Includes dryland before swim practice)

AGE GROUP YELLOW I:

Mon/Wed/Fri= 5-6:15p.m.
Tue/Thu= 5:00-6:45p.m. (Includes dryland before swim practice=5-5:30p.m.)
Sat= 9:30-11:15a.m. (Includes dryland before swim practice)

RISING STARS:

Mon/Fri= 4:15-5:30p.m. (Includes dryland before swim practice=4:15-4:30p.m.)
Tue/Thu= 5:30-6:30p.m.
Sat= 9-10:00a.m.

STARFISH:

Tue/Thu= 4:15-5:30p.m. (Includes dryland before swim practice=4:15-4:30p.m.)
Fri= 5:30-6:30p.m.
Sat = 10-10:45a.m.

SEAHORSE Pre-Competitive Lessons. 1-2X weekly. All @ FLAC/On-going all year!

Mon= 5:30-6:15p.m.
Wed= 4:30-5:15p.m.