

Starting Monday December 22, 2025 to Jan. 14, 2026 we will have a Modified team schedule

This is due to the college teams practicing at our pool.

If there are any changes to the schedule you will be notified!

Please make sure you bring DRY-LAND ATTIRE to practice in case of COLD WEATHER!

Team Schedule December 22 - 27, 2025

No practices on Wednesday Dec. 24th and Wednesday Dec. 25th

Purple level is combined in 1, 2 and 3

Purple 1 (4:00 - 4:40 pm), Purple 2 (4:40 - 5:20 pm), Purple 3 (5:20 - 6:00 pm)

This week Purple will practice on **Monday, Tuesday**

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
December	Dec. 22	Dec. 23	Dec. 24	Dec. 25	Dec. 26	Dec. 27
Purple AM		9:00 - 9:45 am	NO PRACTICE	NO PRACTICE	9:00 - 9:45 am	
Orange AM		9:00 - 10:00 am	NO PRACTICE	NO PRACTICE	9:00 - 10:00 pm	
Purple 1	4:00 - 4:40 pm	4:00 - 4:40 pm	NO PRACTICE	NO PRACTICE		
Purple 2	4:40 - 5:20 pm	4:40 - 5:20 pm	NO PRACTICE	NO PRACTICE		
Purple 3	5:20 - 6:00 pm	5:20 - 6:00 pm	NO PRACTICE	NO PRACTICE		
Green 1 Green 2	3:45 - 5:00 pm	3:45 - 5:00 pm	NO PRACTICE	NO PRACTICE	3:45 - 5:00 pm	
Orange 1	5:00 - 6:00 pm		NO PRACTICE	NO PRACTICE	5:00 - 6:00 pm	
Orange 2		5:00 - 6:00 pm	NO PRACTICE	NO PRACTICE	5:00 - 6:00 pm	
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	NO PRACTICE	NO PRACTICE	4:30 - 5:30 pm	9:00 – 9:30 am (dry-land) 9:30 - 11:00 am (swim)
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	NO PRACTICE	NO PRACTICE	6:00 - 7:00 pm	
Blue Junior	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	NO PRACTICE	NO PRACTICE	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim) 9:30 - 10:15 am (dry-land)
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	5:00 - 7:00 pm (swim)	NO PRACTICE	NO PRACTICE	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)
National Development	5:00 - 6:30 pm (swim)	5:00 - 7:00 pm (swim)	NO PRACTICE	NO PRACTICE	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim)

Team Schedule December 29, 2025 – January 3, 2026

No practices on Tuesday Dec. 31th and Wednesday Jan. 1st

Purple level is combined in 1, 2 and 3

Purple 1 (4:00 - 4:40 pm), Purple 2 (4:40 - 5:20 pm), Purple 3 (5:20 - 6:00 pm)

This week Purple will practice on Monday, Tuesday

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Dec. - Jan.	Dec. 29	Dec. 30	Dec. 31	Jan. 1	Jan. 2	Jan. 3
Purple AM		9:00 - 9:45 am	NO PRACTICE	NO PRACTICE	9:00 - 9:45 am	
Orange AM		9:00 - 10:00 am	NO PRACTICE	NO PRACTICE	9:00 - 10:00 pm	
Purple 1	4:00 - 4:40 pm	4:00 - 4:40 pm	NO PRACTICE	NO PRACTICE		
Purple 2	4:40 - 5:20 pm	4:40 - 5:20 pm	NO PRACTICE	NO PRACTICE		
Purple 3	5:20 - 6:00 pm	5:20 - 6:00 pm	NO PRACTICE	NO PRACTICE		
Green 1 Green 2	3:45 - 5:00 pm	3:45 - 5:00 pm	NO PRACTICE	NO PRACTICE	3:45 - 5:00 pm	
Orange 1	5:00 - 6:00 pm		NO PRACTICE	NO PRACTICE	5:00 - 6:00 pm	
Orange 2		5:00 - 6:00 pm	NO PRACTICE	NO PRACTICE	5:00 - 6:00 pm	
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	NO PRACTICE	NO PRACTICE	4:30 - 5:30 pm	9:00 – 9:30 am (dry-land) 9:30 - 11:00 am (swim)
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	NO PRACTICE	NO PRACTICE	6:00 - 7:00 pm	
Blue Junior	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	NO PRACTICE	NO PRACTICE	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim) 9:30 - 10:15 am (dry-land)
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	NO PRACTICE	NO PRACTICE	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)
National Development	5:00 - 6:30 pm (swim)	6:00 - 8:00 pm (swim)	NO PRACTICE	NO PRACTICE	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

Team Schedule January 5 - 10, 2026

Purple level is combined in 1, 2 and 3

Purple 1 (4:00 - 4:40 pm), Purple 2 (4:40 - 5:20 pm), Purple 3 (5:20 - 6:00 pm)

Green 1 swims 4:00 – 4:45 pm and Green 2 swims 4:00 – 5:00 pm

Elite group NO Practice on Saturday Jan. 10, 2026

National Development, Blue Senior and Blue Junior Sat. Jan. 10 practice 8:15 – 11 a.m.

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
JANUARY	Jan. 5	Jan. 6	Jan. 7	Jan. 8	Jan. 9	Jan. 10
Purple AM		9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am		
Orange AM		9:00 - 10:00 am	9:00 - 10:00 pm	9:00 - 10:00 pm		
Purple 1		4:00 - 4:40 pm	4:00 - 4:40 pm	4:00 - 4:40 pm		
Purple 2		4:40 - 5:20 pm	4:40 - 5:20 pm	4:40 - 5:20 pm		
Purple 3		5:20 - 6:00 pm	5:20 - 6:00 pm	5:20 - 6:00 pm		
Green 1 Green 2	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	
Orange 1	5:00 - 6:00 pm		5:00 - 6:00 pm		5:00 - 6:00 pm	
Orange 2		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm		
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	NO PRACTICE
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:00 pm	
Blue Junior	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm	6:00 - 7:30 pm	5:30 - 6:30 pm (swim)	8:15 – 9:00 am (dry-land) 9:00 - 11:00 am (swim)
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	8:15 – 9:00 am (dry-land) 9:00 - 11:00 am (swim)
National Development	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	8:15 – 9:00 am (dry-land) 9:00 - 11:00 am (swim)

Team Schedule January 12 - 17, 2026

Purple level is combined in 1, 2 and 3 groups.

Purple 1 (4:00 - 4:40 pm), Purple 2 (4:40 - 5:20 pm), Purple 3 (5:20 - 6:00 pm)

Green 1 swims 4:00 – 4:45 pm and Green 2 swims 4:00 – 5:00 pm on Mon.-Wed.

Regular School Year Team Practice Schedule starts on Thursday Jan. 15, 2026 except for Purple which will go back to Purple 1, 2, 3, 4 on Tue. Jan. 20, 2026

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
JANUARY	Jan. 12	Jan. 13	Jan. 14	Jan. 15	Jan. 16	Jan. 17
Purple AM		9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am		
Orange AM		9:00 - 10:00 am	9:00 - 10:00 pm	9:00 - 10:00 pm		
Purple 1		4:00 - 4:40 pm	4:00 - 4:40 pm	4:00 - 4:40 pm		
Purple 2		4:40 - 5:20 pm	4:40 - 5:20 pm	4:40 - 5:20 pm		
Purple 3		5:20 - 6:00 pm	5:20 - 6:00 pm	5:20 - 6:00 pm		
Green 1 Green 2	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	
Orange 1	5:00 - 6:00 pm		5:00 - 6:00 pm		5:00 - 6:00 pm	
Orange 2		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm		
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	9:00 – 9:30 am (dry-land) 9:30 - 11:00 am (swim)
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:00 pm	
Blue Junior	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm	6:00 - 7:30 pm	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim) 9:30 - 10:15 am (dry-land)
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)
National Development	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

Regular School Year Team Schedule

Group	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Purple AM		9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am		
Orange AM		9:00 - 10:00 am	9:00 - 10:00 pm	9:00 - 10:00 pm		
Purple 1		3:00 - 3:40 pm	3:00 - 3:40 pm	3:00 - 3:40 pm		
Purple 2		3:40 - 4:20 pm	3:40 - 4:20 pm	3:40 - 4:20 pm		
Purple 3		4:20 - 5:00 pm	4:20 - 5:00 pm	4:20 - 5:00 pm		
Purple 4		5:00 - 5:40 pm	5:00 - 5:40 pm	5:00 - 5:40 pm		
Green 1	4:00 - 5:00 pm	4:00 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	
Green 2	4:00 - 5:00 pm	4:00 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	
Orange 1	5:00 - 6:00 pm		5:00 - 6:00 pm		5:00 - 6:00 pm	
Orange 2		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm		
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	9:00 – 9:30 am (dry-land) 9:30 - 11:00 am (swim)
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:00 pm	
Blue Junior	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm	6:00 - 7:30 pm	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim) 9:30 - 10:15 am (dry-land)
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)
National Development	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

This schedule is in effect when there are no swim meets or other changes!!!

If you have any questions regarding the program please feel free to call Coach K at **(561) 339-9959** or email at **coachkiril@yahoo.com**