

DSA Pre-Competitive Group Practice Times (2025-2026)						
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Preparatory	Track 1 - Prep AM					
	5:30AM - 6:45AM @ Windermere Prep	5:30AM - 6:45AM @ Windermere Prep	OFF	5:30AM - 6:45AM @ Windermere Prep	5:30AM - 6:45AM @ Windermere Prep	OFF
	Track 2 - Prep PM					
	3:30PM - 4:30PM @ Windermere Prep	OFF	2:30PM - 3:30PM @ Windermere Prep	3:30PM - 4:30PM @ Windermere Prep	OFF	9:00AM - 10:00AM @ Windermere Prep
	Track 3 - Rosen					
	6:00PM - 7:30PM @ Rosen	4:45PM - 6:00PM @ Rosen	OFF	4:45PM - 6:00PM @ Rosen	OFF	OFF
Stroke Development I	6:30PM - 7:30PM @ Windermere Prep	OFF	OFF	6:30PM - 7:30PM @ Windermere Prep	OFF	OFF
Stroke Development II	OFF	OFF	5:15PM - 6:00PM @ Windermere Prep	OFF	OFF	10:15AM - 11:00AM @ Windermere Prep
Platinum	Track 1 (Monday/Friday)					
	5:00PM - 5:45PM @ Windermere Prep	OFF			5:00PM - 5:45PM @ Windermere Prep	OFF
	Track 2 (Tuesday/Thursday)					
	OFF	5:00PM - 5:45PM @ Windermere Prep	OFF	5:00PM - 5:45PM @ Windermere Prep	OFF	
	Track 3 (Wednesday/Saturday)					
	OFF		4:30PM - 5:15PM @ Windermere Prep	OFF		11:00AM - 11:45AM @ Windermere Prep
Diamond	Track 1 (Monday/Friday)					
	4:30PM - 5:00PM @ Windermere Prep	OFF			4:30PM - 5:00PM @ Windermere Prep	OFF
	Track 2 (Tuesday/Thursday, 4:30)					
	OFF	4:30PM - 5:00PM @ Windermere Prep	OFF	4:30PM - 5:00PM @ Windermere Prep	OFF	
	Track 3 (Tuesday/Thursday, 6:00)					
	OFF	6:00PM - 6:30PM @ Windermere Prep	OFF	6:00PM - 6:30PM @ Windermere Prep	OFF	OFF
	Track 4 (Wednesday/Saturday)					
OFF		6:00PM - 6:30PM @ Windermere Prep	OFF		12:00PM - 12:30PM @ Windermere Prep	
Locations	Windermere Prep (WP) 6189 Winter Garden Vineland Rd Windermere, FL 34786			Rosen Aquatic Center (Rosen) 8422 International Dr Orlando, FL 32819		