

Workouts begin Tuesday September 2nd until end of Feb. 2026

Thanksgiving and Winter Break Schedules TBD

Masters	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00am - 6:00am		5:00am - 6:00am		5:00am - 6:00am	5:15am - 6:15am	Off
	11:30am - 1:00pm	11:30am - 1:00pm	11:30am - 1:00pm	11:30am - 1:00pm	11:30am - 1:00pm		
Senior Elite (First Practice Aug 19)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim - 5:15am - 7:15am		Swim - 5:15am - 7:15am		Swim - 5:15am - 7:15am		Off
	Dryland 5:00pm - 5:50pm	Dryland 5:00pm - 5:50pm		Dryland 5:00pm - 5:50pm		Senior Elite - 5:30am - 8:00am	Off
Senior (First Practice Aug 19th)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim - 5:15am - 7:15am		Swim - 5:15am - 7:15am		Swim - 5:15am - 7:15am		Off
		Dryland 5:00pm - 5:50pm		Dryland 5:00pm - 5:50pm		Swim 6:00am - 8:00am	Off
Prep	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim 7:15pm - 8:15pm	Swim 7:15pm - 8:15pm	Off	Swim 7:15pm - 8:15pm	Off	Off	Off
Pre-Senior	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dryland 5:00pm - 5:50pm	Dryland 5:00pm - 5:50pm	Swim 5:30am - 7:00am	Dryland 5:00pm - 5:50pm			Off
	Swim 6:00pm - 7:40pm - Last 10	Swim 6:00pm - 7:40pm		Swim 6:00pm - 7:40pm	Swim 6:00pm - 7:40pm	Swim 6:00am - 8:00am	Off
Age Group 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Dryland 5:20pm - 5:50pm		Dryland 5:20pm - 5:50pm			Off
	Swim 6:45pm - 8:15pm	Swim 6:00pm - 7:30pm	Swim 6:00pm - 7:30pm	Swim 6:00pm - 7:30pm	Swim 6:00pm - 7:30pm	Swim 6:30am - 8:00am	
Age Group 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim 7:15pm - 8:15pm	Off	Dryland 5:30pm - 5:50pm	Swim 7:15pm - 8:15pm	Dryland 5:30pm - 5:50pm	Off	
			Swim 6:00pm - 7:15pm		Swim 6:00pm - 7:15pm		Swim 5:00pm - 6:15pm
Age Group 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Dryland 5:30pm - 5:50pm		Dryland 5:30pm - 5:50pm		
	Swim 6:00pm - 7:15pm	Off	Swim 6:00pm - 7:15pm	Swim 6:00pm - 7:15pm	Swim 6:00pm - 7:15pm	Swim 7:00am - 8:00am	Swim 5:00pm - 6:15pm
Novice Plus	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim 6:00pm - 6:45pm	Swim 6:00pm - 6:45pm	Off	Off	Swim 6:00pm - 6:45pm	Off	Swim 5:00pm - 5:45pm
Novice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Off	Swim 6:50pm - 7:20pm	Off	Off	Swim 6:50pm - 7:20pm	Off	Swim 5:45pm - 6:15pm

Below you can find our Plus Program. This Program is voluntary and meant to give kids an option to swim up into the next group they may transition to in the next season and give an additional challenge to the swimmer if it is needed.

No one is expected to participate in the plus program. Please reach out to your groups coach if you feel this maybe an option for your swimmer.

Age Group 1 Plus - Kids that are 4th grade or have at least 1-11/12 state cuts can join Age Group 3 on Tuesday evenings and/or Saturdays.

Age Group 2 Plus - Kids that are interested in doing a plus day with either Age Group 1 or Age Group 3 please contact the age group coaching staff to get details.

Age Group 3 Plus Program - Kids in 6th grade or have at least 1 13/14 Q time qualify for plus workout times to swim with Pre-Senior

Wednesdays they can join Pre-Senior 6:00am - 8:00am Saturdays - Swim 6:30am - 8:00am

Pre Plus Program - Kids can join Seniors if they are in their 8th grade year or have at least 1 Senior Q Wednesdays they can join Senior 5:15am - 7:00am

Saturdays - Swim 6:00am - 8:00am