



2025-2026 SCY Practice Schedule

NOTE: Regular Season ends 3/1/26 Effective 12/1/25**

This practice schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10U-Dev	5:00p - 6:00p Training Pool (6-8)		5:00p - 6:00p Training Pool (6-8)			11:00a-12:00p Training Pool (2-8)	No Practice
10U-Prep	6:10p - 7:15p Training Pool (4-8)	6:10p - 7:15p Training Pool (4-8)	6:10p - 7:15p Training Pool (4-8)		6:10p - 7:15p Training Pool (4-8)	11:00a-12:05p Training Pool (2-8)	No Practice
10U	6:10p - 7:40p Training Pool (4-8)		6:10p - 7:40p Training Pool (4-8)	6:10p - 7:40p Training Pool (4-8)	6:10p - 7:40p Training Pool (4-8)	11:00a-12:30p West Pool (1-4)	No Practice
11-12 (Blue Group) Pierre's Group	6:10p-7:50p East Pool (1-5)	6:10p-7:50p East Pool (1-5)	6:10p-7:50p East Pool (1-5)	6:10p-7:50p East Pool (1-5)	6:10p-7:50p East Pool (1-5)	9:30a-11:15a East Pool (1-5)	No Practice
11-12 (Red Group) Annie's Group	6:10p-7:50p East Pool (6-11)	6:10p-7:50p East Pool (6-11)	6:10p-7:50p East Pool (6-11)	6:10p-7:50p East Pool (6-11)	6:10p-7:50p East Pool (6-11)	9:30a-11:15a East Pool (6-11)	No Practice
Senior Prep (Dryland)** starts 11/24	5:10p-6:00p		5:10p-6:00p		5:10p-6:00p		No Practice
Senior Prep (Swim)	6:10p-8:00p West Pool (1-8)	6:10p-8:00p West Pool (1-8)	6:10p-8:00p West Pool (1-8)	6:10p-8:00p West Pool (1-8)	6:10p-8:00p West Pool (1-8)	9:00a-11:00a West Pool (1-8)	No Practice
Senior (Dryland)	6:20p-7:15p			6:20p-7:15p		9:45a-11:00a	No Practice
Senior (Swim)	4:10p-6:10p East Pool (1-11)	4:10p-6:10p East Pool (1-11)	4:10p-6:10p East Pool (1-11)	4:10p-6:10p East Pool (1-11)	4:10p-6:10p East Pool (1-11)	7:00a-9:30a East Pool (1-11)	No Practice
National (Dryland)	6:20p-7:15p			6:20p-7:10p		9:45a-11:00a	No Practice
National (Swim)	4:10p-6:10p East Pool (1-11)	4:10p-6:10p East Pool (1-11)	4:10p-6:10p East Pool (1-11)	4:10p-6:10p East Pool (1-11)	4:10p-6:10p East Pool (1-11)	7:00a-9:30a East Pool (1-11)	No Practice

All Swimmers must bring the required equipment items to practice everyday.

Athletes should be on deck 10 min prior to practice sessions. Some practices may be canceled when there is a meet.

10 & Under Prep should attend 3 out of 4 practices and 10 & Under should attend 4 out of the 5 practices

Training Pool
East Competition Pool
West Competition Pool

** Last day of qualifying championship meet