



2025-2026 SCY Practice Schedule

Week of 12/29 - New Year

This practice schedule is subject to change

	Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
10U-Dev	5:00p - 6:00p Training Pool (6-8)	FMC Time Trial 3:00pm - 8:00pm	11:00a-12:00p Training Pool (1-8)	NO PRACTICE		11:00a-12:00p Training Pool (1-7)	No Practice
10U-Prep	6:10p - 7:15p Training Pool (4-8)		11:00a-12:05p Training Pool (1-8)		6:10p - 7:15p Training Pool (4-8)	11:00a-12:05p Training Pool (1-7)	No Practice
10U	6:10p - 7:40p Training Pool (4-8)		11:00a-12:30p Training Pool (1-8)		6:10p - 7:40p Training Pool (4-8)	11:00a-12:30p Training Pool (1-8)	No Practice
11-12 (Blue Group) Pierre's Group	6:10p-7:50p East Pool (1-5)		9:30a-11:15a 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)		9:30a-11:15a 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)					5:10p-6:00p		No Practice
Senior Prep (Swim)	6:10p-8:00p West Pool (1-8)		9:00a-11:00a West Pool (1-8)		6:10p-8:00p West Pool (1-8)	9:00a-11:00a West Pool (1-8)	No Practice
Senior (Dryland)	9:45a-11:00a		9:45a-11:00a			9:45a-11:00a	No Practice
Senior (Swim)	7:00a-9:30a East Pool (1-11)		7:00a-9:30a East Pool (1-11)		7:00a-9:30a East Pool (1-11)	7:00a-9:30a East Pool (1-11)	No Practice
National (Dryland)	9:45a-11:00a		9:45a-11:00a			9:45a-11:00a	No Practice
National (Swim)	7:00a-9:30a East Pool (1-11)		7:00a-9:30a East Pool (1-11)		7:00a-9:30a East Pool (1-11)	7:00a-9:30a East Pool (1-11)	No Practice

FMC Natatorium

Training Pool

East Competition Pool

West Competition Pool

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