

Newman High Performance and Seasonal Practice Schedule

Beginning Monday, August 18, 2025

Cyclone	Days	Time	Location
Swim	Mon thru Thurs	6:30 – 7:45 pm	Newman
Swim	Sat	8:00 – 9:30 am	Newman
Dryland	Tues & Thurs	5:50 – 6:20 pm	Newman

Tidal Wave	Days	Time	Location
Swim	Mon & Wed	6:30 – 7:30 pm	Newman
Swim	Fri	6:30 – 7:45 pm	Newman
Swim	Sat	8:00 – 9:30 am	Newman
Dryland	Mon & Wed	5:50 – 6:20 pm	Newman

Seasonal	Days	Time	Location
Stroke School*	Tues – Thurs	5:45 – 6:30 pm	Newman
Adv Stroke School	Fri	5:45 – 6:30 pm	Newman
Riptide 1	Mon & Wed	5:30 – 6:30 pm	Newman
Riptide 2	Tues & Thurs	5:30 - 6:30 pm	Newman
Whitecaps 1	Mon, Wed & Fri	5:30 – 6:30 pm	Newman
Whitecaps 2	Tues, Thurs & Fri	5:30 – 6:30 pm	Newman

***Additional Stroke School classes will be added once these classes fill up**