



2024-2025

KEEP YOUR FEET WET PROGRAMS

NEW CASTLE

HIGH SCHOOL PREP (FALL only)
Practice Schedule September 9th to November 16th

	NEW CASTLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP	AM						7:00AM – 9:00AM
High School Prep (EARLY)	PM	3:30PM – 5:00PM	3:30PM – 5:00PM	3:30PM – 5:00PM	3:30PM – 5:00PM		

SPLASH & DASH (FALL / WINTER)
Practice Schedule September 9th to March 27th

	NEW CASTLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPLASH	PM		5:30PM – 6:30PM*	5:30PM – 6:30PM*	5:30PM – 6:30PM*	*pick 2 days each week	10:00AM – 11:00AM*
DASH	PM		5:30PM – 6:30PM**	5:30PM – 6:30PM**	5:30PM – 6:30PM**	**pick 3 days each week	10:00AM – 11:00AM**

SPLASH & DASH (SPRING)
Practice Schedule April 1st to May 30th

	NEW CASTLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPLASH	PM		5:30PM – 6:30PM*	5:30PM – 6:30PM*	5:30PM – 6:30PM*	*pick 2 days each week	10:00AM – 11:00AM*
DASH	PM		5:30PM – 6:30PM**	5:30PM – 6:30PM**	5:30PM – 6:30PM**	**pick 3 days each week	10:00AM – 11:00AM**

PIKE CREEK

HIGH SCHOOL PREP (FALL only) Practice Schedule September 9th to November 16th

	PIKE CREEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP	AM						7:00AM – 9:00AM @ NEW CASTLE
High School Prep	PM	3:30PM – 5:00PM	3:30PM – 5:00PM	3:30PM – 5:00PM	3:30PM – 5:00PM		

SPLASH & DASH (FALL / WINTER) Practice Schedule September 9th to March 27th

	PIKE CREEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPLASH	PM		5:00PM – 6:00PM*		5:00PM – 6:00PM*		10:00AM – 11:00AM* @ NEW CASTLE
DASH	PM	5:00PM – 6:00PM**		5:00PM – 6:00PM**		5:00PM – 6:00PM**	10:00AM – 11:00AM** @ NEW CASTLE

SPLASH & DASH (SPRING) Practice Schedule April 1st to May 30th

	PIKE CREEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPLASH	PM		5:00PM – 6:00PM*		5:00PM – 6:00PM*		10:00AM – 11:00AM* @ NEW CASTLE
DASH	PM	5:00PM – 6:00PM**		5:00PM – 6:00PM**		5:00PM – 6:00PM**	10:00AM – 11:00AM** @ NEW CASTLE

*pick 2 days each week

**pick 3 days each week

PS DuPONT

[Practices at PS DuPont are subject to Brandywine School District holidays, closures, and facility blackout days.]

HIGH SCHOOL PREP (FALL only) Practice Schedule September 9th to November 16th

	PS DUPONT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP	AM						7:00AM – 9:00AM @ NEW CASTLE
High School Prep	PM	6:00PM – 7:30PM	6:00PM – 7:30PM	6:00PM – 7:30PM	6:00PM – 7:30PM		

SPLASH & DASH (FALL / WINTER) Practice Schedule September 9th to November 16th Practice Schedule February 24th to March 27th

	PS DUPONT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPLASH	PM		5:00PM – 6:00PM*	5:00PM – 6:00PM*	5:00PM – 6:00PM*	*pick 2 days each week	10:00AM – 11:00AM* @ NEW CASTLE
DASH	PM		5:00PM – 6:00PM**	5:00PM – 6:00PM**	5:00PM – 6:00PM**	**pick 3 days each week	10:00AM – 11:00AM** @ NEW CASTLE

SPLASH & DASH (FALL / WINTER) Practice Schedule November 18th to February 22nd

****these dates fall during the high school swimming season & may affect practice start times; ALL adjustments will be communicated via the weekly team email****

	PS DUPONT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPLASH	PM		5:00PM – 6:00PM*	5:00PM – 6:00PM*	5:00PM – 6:00PM*	*pick 2 days each week	10:00AM – 11:00AM* @ NEW CASTLE
DASH	PM		5:00PM – 6:00PM**	5:00PM – 6:00PM**	5:00PM – 6:00PM**	**pick 3 days each week	10:00AM – 11:00AM** @ NEW CASTLE

SPLASH & DASH (SPRING) Practice Schedule April 1st to May 30th

	PS DUPONT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPLASH	PM		5:00PM – 6:00PM*	5:00PM – 6:00PM*	5:00PM – 6:00PM*	*pick 2 days each week	10:00AM – 11:00AM* @ NEW CASTLE
DASH	PM		5:00PM – 6:00PM**	5:00PM – 6:00PM**	5:00PM – 6:00PM**	**pick 3 days each week	10:00AM – 11:00AM** @ NEW CASTLE