

Legacy Aquatics: Training Group Weekly Practice Schedules (starting Monday, October 20th, 2025)

Elite	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5:00-6:30am		5:00-6:30am		7:00-9:30am
	OFF	3:45-6:45pm *1st hour ST	4:45-6:45pm *1st 30 mins DL	3:45-6:45pm *1st hour ST	4:45-6:45pm *1st 30 mins DL	3:45-6:45pm *1st hour ST	
Senior 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	6:45-8:30pm	6:45-8:30pm *1st 45 mins DL	6:30-8:30pm	6:45-8:30pm *1st 45 mins DL	6:45-8:30pm	9:00-11:00am
Senior 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	6:45-8:30pm *1st 45 mins DL	6:45-8:30pm	6:45-8:30pm *1st 45 mins DL	6:45-8:30pm	7:00-8:30pm	7:00-9:00am
Junior 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	4:45-6:15pm	4:45-6:15pm	4:45-6:15pm	4:45-6:15pm	4:45-6:15pm *last 30 mins DL	9:30-11:00am
Junior 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	6:15-7:30pm	6:15-7:30pm	6:15-7:30pm	6:15-7:30pm	5:45-7:00pm	OFF
Legacy Littles	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	OFF	OFF