

Swim Team
 2025-2026 ~ CVY BRANCH WINTER PRACTICE SCHEDULE

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	12:00-1:15pm JOINT @ LCY	OFF	OFF	6:00-6:45pm	OFF	5:45-6:30pm	OFF
Purple	OFF	6:00-6:45pm	5:00-6:15pm	OFF	OFF	OFF	8:30-9:45am JOINT @ LCY
Arctic	1:15-3:00pm JOINT @ LCY	6:45-8:15pm	OFF	OFF	OFF	6:30-7:45pm	OFF
Blue	3:00-5:15pm JOINT @ LCY	OFF	6:15-7:45pm	6:45-8:15pm	4:15-5:45pm	OFF	OFF
Senior	3:00-5:30pm JOINT @ LCY	4:15-6:00pm	OFF	4:15-6:00pm	6:30-8:30pm	4:00-5:45pm JOINT @ CVY	OFF
Stroke & Conditioning 10 & Under A	OFF	OFF	5:15-5:45pm	OFF	5:45-6:15pm	OFF	OFF
Stroke & Conditioning 10 & Under B	OFF	OFF	5:45-6:15pm	OFF	5:45-6:15pm	OFF	OFF
Stroke & Conditioning 11 & Over	OFF	6:15-7:00pm	OFF	6:00-6:45pm	OFF	5:45-6:30pm	OFF