



2025-2026 Wilmington Aquatic Club Winter Practice Schedule (11/10/25-2/28/26)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
Developmental (Dev)	5:15-6:15pm or 6:15-7:15pm Fraim Mechanics	Off	6:15-7:15pm Fraim Mechanics	5-6pm Pilot Training	6:30-7:30pm Fraim Training	12:30-1:30pm Pilot Training	11am-12pm Fraim Training
Age Group (AG)	5:15-6:15pm or 6:15-7:15pm Fraim Mechanics	Off	5:15-6:15pm Fraim Mechanics	6-7:30pm Pilot Training	5:15-6:30pm Fraim Training	11am-12:30pm Pilot Training	11am-12:30pm Fraim Training
Junior Elite (JE)	7:15-8:15pm Fraim Mechanics	5-6:30pm Claymont Training	5-6pm/6-7pm Claymont Training/Dryland	7-8:30pm Claymont Training	Off	11am-12:30pm (9-11 ONLY) Pilot Training	Off
						9-11am (12-13 ONLY) Pilot Training	
Senior	7-8:30pm Claymont	5-6:30pm Claymont	7-8:30pm Claymont	7-8:30pm Claymont	Off	9-11am Pilot	Off
Elite AM	Off	5:30-7am Pilot	Off	5:30-7am Pilot	Off	7-9:30am Claymont	Off
Elite PM	5-7pm Claymont	6:30-8:30pm Claymont	5-6pm/6-7pm Claymont (Dryland/Mechanics)	5-7pm Claymont	5-7pm Claymont	Off	

TIMES IN RED INDICATE A CHANGE FROM THE FALL SCHEDULE