

2025-2026 SCY Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1	3:30-5:45pm	3:30-4:15 Dryland @ Merit 4:30-6:15 Swim	3:30-5:45pm	3:30-4:15 Dryland @ Merit 4:30-6:15 Swim	3:30-5:45pm	8:00-10:30am
Senior 2	3:30-5:15pm	3:30-4:15 Dryland @ Merit 4:30-6:00 Swim	3:30-5:15pm	3:30-4:15 Dryland @ Merit 4:30-6:00 Swim	3:30-5:15pm	8:00-10:30am
Senior 3	7:15-8:30pm	OFF	7:30-8:45pm	OFF	5:15-6:30pm	8:00-10:00am
Junior 1	5:45-7:30pm	5:45-6:15 Dryland 6:15-8:15 Swim	5:45-7:30pm	6:15-8:15 Swim	5:15-5:45 Dryland 5:45-7:30pm	8:00-10:30am
Junior 2	5:45-7:30pm	5:45-6:15 Dryland 6:15-8:00 Swim	5:45-7:30pm	6:15-8:00 Swim	5:15-5:45 Dryland 5:45-7:30pm	8:00-10:30am
Junior 3	7:30-8:45pm	OFF	7:30-8:45pm	OFF	6:30-7:45pm	8:00-10:00am
Red	5:00-6:45pm	5:15-5:45 Dryland 5:45-7:15 Swim	5:00-6:45pm	5:15-5:45 Dryland 5:45-7:30 Swim	5:00-6:45pm	10:00 Dryland 10:30-12:00pm Swim
Yellow	6:30-8:00pm	6:45-7:15 Dryland 7:15-8:15 Swim	6:30-8:00pm	OFF	6:15-6:45 Dryland 6:45-8:00 Swim	10:00 Dryland 10:30-12:00pm Swim
Discovery 1	6:00-7:15pm	7:00-7:15 Dryland 7:15-8:00 Swim	6:00-7:15pm	7:00-7:15 Dryland 7:15-8:00 Swim	OFF	10:15-11:15am
Discovery 2	5:15-6:00pm	6:00-7:00pm	5:15-6:00pm	6:00-7:00pm	OFF	11:15-12:00 P.M
Discovery 3	OFF	5:00-5:45Pm	OFF	5:00-5:45Pm	OFF	OFF