

2025-2026 Practice Grid (subject to change)

Practices begin September 8, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technical/ Development (Primarily 10U)	6:30-7:30pm Swartz Creek		6:30-7:30pm Swartz Creek		6:30-7:30pm Swartz Creek	
Age Groupers (Most 11-13 year-olds)	7:15-8:45pm Swartz Creek	7:15-8:45pm Swartz Creek	7:15-8:45pm Swartz Creek	7:15-8:45pm Swartz Creek	7:15-8:45pm Swartz Creek	8-9am YMCA (dryland)
Senior Group Evenings (Primarily High Schoolers)	6:45-8:45pm Swartz Creek	6:45-8:45pm Swartz Creek	6:45-8:45pm Swartz Creek	6:45-8:45pm Swartz Creek	6:45-8:45pm Swartz Creek	9-10:30am YMCA (dryland)

*On days that Swartz Creek is unavailable, practices will be 4-5:30 at Kettering University for both groups. Those dates will be in an email.

**This is only the schedule until the pool at the Y is complete