

October 2025 USC Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------|---|--|--|---|---|---|
| | | | <p>1 5-6:30 pm AG3/AG2/AG1</p> <p>6:15-6:30 pm SU/S/SP/SHS dynamic warm up</p> <p>6:30-8:30 pm SU/S/SP/SHS</p> | <p>2 5:30-7 am SU/S/SP/SHS</p> <p>PM PRACTICE SHIFTED 1 HOUR EARLIER DUE TO NO SCHOOL AT AB</p> <p>4-6 pm JR</p> <p>4-5:30 pm AG3</p> <p>6-7:30 pm SU/S/SP/SHS</p> | <p>3 CS-N MEET</p> | <p>4 CS-N MEET</p> |
| 5 CS-N MEET | <p>6 4:45-5 pm SU/S/SP/JR dynamic warm up or classroom</p> <p>5-6:45 pm SU/S/SP/JR</p> <p>6:30-6:45 pm SHS dynamic warm up</p> <p>6:45-8:15 pm SHS/AG3/AG2</p> <p>6:45-8 pm AG1</p> | <p>7 AM PRACTICE FOR SR PROGRAM DUE TO HOME HIGH SCHOOL MEET</p> <p>5:30-7 am SU/S/SP/SHS</p> <p>PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET</p> <p>7*-8:30 pm JR/AG3/AG2</p> <p><i>*be there at 6:45 pm as practice will start when meet ends</i></p> | <p>8 5-6:30 pm AG3/AG2/AG1</p> <p>6:15-6:30 pm SU/S/SP/SHS dynamic warm up</p> <p>6:30-8:30 pm SU/S/SP/SHS</p> | <p>9 AM PRACTICE IS ONLY PRACTICE FOR SR PROGRAM DUE TO HOME HIGH SCHOOL MEET</p> <p>5:30-7 am SU/S/SP/SHS</p> <p>PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET</p> <p>7*-8:30 pm JR/AG3</p> <p><i>*be there at 6:45 pm as practice will start when meet ends</i></p> | <p>10 5-6:30 pm JR/AG2/AG1</p> <p>6:30-8 pm SU/S/SP/SHS</p> | <p>11 7-7:15 am SU/S/SP/SHS/JR dynamic warm up</p> <p>7:15-9:15 am SU/S/SP/SHS/JR</p> <p>12:30-1:30 pm® Yoga-626 18&0vers</p> <p>CANCELLED DUE TO POOL CHEMICAL IMBALANCE</p> |

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| 12 | 13 4:45-5 pm SU/S/SP/JR dynamic warm up or classroom 5-6:45 pm SU/S/SP/JR 6:30-6:45 pm SHS dynamic warm up 6:45-8:15 pm SHS/AG3/AG2 6:45-8 pm AG1 CANCELLED DUE TO POOL CHEMICAL IMBALANCE | 14 AM PRACTICE FOR SR PROGRAM DUE TO HOME HIGH SCHOOL MEET 5:30-7 am SU/S/SP/SHS PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET 6*-8 pm SU/S/SP/SHS/JR <i>*be there at 5:45 pm as practice will start when meet ends</i> | 15 5-6:30 pm AG3/AG2/AG1 6:15-6:30 pm SU/S/SP/SHS dynamic warm up 6:30-8:30 pm SU/S/SP/SHS | 16 5:30-7 am SU/S/SP/SHS SHORT PRACTICE DUE TO AB BACK TO SCHOOL NIGHT 5-6 pm JR/AG3/AG2 | 17 CRIM MEET | 18 CRIM MEET |
| 19 CRIM MEET | 20 PRACTICE SHIFTED EARLIER DUE TO NO SCHOOL AT AB 4-4:15 pm SU/S/SP/JR dynamic warm up or classroom 4:15-6:15 pm SU/S/SP/JR 6-6:15 pm SHS dynamic warm up 6:15-7:45 pm SHS/AG3/AG2/AG1 | 21 5-6:30 pm JR/AG3/AG2 6:30-8:30 pm SU/S/SP/SHS | 22 5-6:30 pm AG3/AG2/AG1 6:15-6:30 pm SU/S/SP/SHS dynamic warm up 6:30-8:30 pm SU/S/SP/SHS | 23 AM PRACTICE IS ONLY PRACTICE FOR SR PROGRAM DUE TO HOME HIGH SCHOOL MEET PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET 7*-8:30 pm JR/AG3 <i>*be there at 6:45 pm as practice will start when meet ends</i> | 24 5-6:30 pm JR/AG2/AG1 6:30-8 pm SU/S/SP/SHS | 25 7-7:15 am SU/S/SP/SHS/JR dynamic warm up 7:15-9:15 am SU/S/SP/SHS/JR 9:15-10:30 am AG3/AG2/AG1 |

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| 26 | 27 PRACTICE SHIFTED EARLIER DUE TO AB EARLY RELEASE 4-4:15 pm SU/S/SP/JR dynamic warm up or classroom 4:15-6:15 pm SU/S/SP/JR 6-6:15 pm SHS dynamic warm up 6:15-7:45 pm SHS/AG3/AG2/AG1 | 28 5-6:30 pm JR/AG3/AG2 6:30-8:30 pm SU/S/SP/SHS | 29 5-6:30 pm AG3/AG2/AG1 6:15-6:30 pm SU/S/SP/SHS dynamic warm up 6:30-8:30 pm SU/S/SP/SHS | 30 5:30-7 am SU/S/SP/SHS 5-7 pm JR 5-6:30 pm AG3 7-8:30 pm SU/S/SP/SHS | 31 5-6:30 pm SU/SP/S/SHS/JR | |
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