

SCARLET-NJW Holiday Practice Schedule – 2025-2026 Season



TEMPORARY SCHEDULE THROUGH: Tues 12/23/25. [REVISED 12/24/25]

December 24 (Wed):

National-Sectional: 6-8am at Lyndhurst HS.

Senior Prep / Senior Development: 12-1:30pm at Lyndhurst HS.

Senior Performance: 1:30-3pm at Lyndhurst HS.

December 25 (Thurs):

Merry Christmas! No Practice any groups!

December 26 (Fri):

** Bergen Community Closed (12/26/25-1/4/26).*

** Natl-Sect swimmers not going to training camp will practice with Senior Performance.*

Senior Prep: 1:30-4pm at Lyndhurst HS

Senior Performance: 4-6:30pm at Lyndhurst HS.

Age Group: 4:30-6:30pm at Garfield Boys & Girls Club

Age Group 2: 5-6:30pm at Garfield Boys & Girls Club

December 27 (Sat):

Senior Performance: 6:30-8:45am at Lyndhurst HS.

Senior Prep: 8:45-11am at Lyndhurst HS.

Age Group: 8-9:45am at Garfield Boys & Girls Club.

Senior Development / Age Group 2: 7:30-9am at Lodi Boys & Girls Club.

Super Squad: 11am-12pm at Lyndhurst HS.

December 28 (Sun):

Senior Performance: 7-9:30am at Lyndhurst HS

Senior Prep: 9:30am-12pm at Lyndhurst HS

December 29 (Mon):

Senior Performance: 1:45-3:30pm at Lyndhurst HS

Senior Prep: 12-1:45pm at Lyndhurst HS.

Age Group: 3:30-5pm at Lyndhurst HS.

Age Group 2: 3:30-5pm at Lyndhurst HS.

Super Squad: 5-6pm at Lyndhurst HS

Senior Development: 6-8pm at Lyndhurst HS.

December 30 (Tues):

Senior Performance: 12-2pm at Lyndhurst HS

Senior Prep: 10am-12pm at Lyndhurst HS.

Senior Development: 7:30-9pm at Garfield Boys & Girls Club

December 31 (Wed):

Senior Prep: 12-1:30pm at Lyndhurst HS

Senior Performance: 1:30-3pm at Lyndhurst HS

January 1st (Thurs):

Happy New Year! Off – no practices

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January 2 (Fri):

National-Sectional: 6-8am at Lyndhurst HS

Senior Prep: 1:30-4pm at Lyndhurst HS

Senior Performance: 4-6:30pm at Lyndhurst HS.

Age Group: 4:30-6:30pm at Garfield Boys & Girls Club

Age Group 2: 5-6:30pm at Garfield Boys & Girls Club

January 3 (Sat):

National-Sectional: 7:30-10:30am at Lyndhurst HS

** Most Groups are at Winterfest Invitational at Rutgers*

Super Squad: 10:30am-12pm at Lyndhurst HS for those not at Winterfest

January 4 (Sun):

National-Sectional: 8-10am at Lyndhurst HS

** Most Groups are at Winterfest Invitational at Rutgers*

January 5 (Mon):

National-Sectional: 5-6:30am at Lyndhurst HS & 3:30-6pm at Bethany Community Center.

Age Group / Super Squad: 6-7:15pm at Garfield Boys & Girls Club

Senior Performance: 7:15-9pm at Garfield Boys & Girls Club (no dryland).

Senior Prep: 5-6:30pm at Lyndhurst HS. (3 lanes only).

Age Group 2: 6:30-8pm at Lyndhurst HS (3 lanes only).

Senior Development: 8-9:30pm at Lyndhurst HS (3 lanes only).

January 6 (Tues):

National-Sectional: 6:30-8pm at Lyndhurst HS.

Senior Prep: 6-7:30pm at Garfield Boys & Girls Club (4 lanes).

Senior Performance: 8-9:30pm at Lyndhurst HS. (dryland 7-4:45pm)

Senior Development: Regular practice 7:30-9pm at Garfield Boys & Girls Club. (dryland 7-7:30pm).

January 7 (Wed):

[RETURN TO REGULAR WINTER PRACTICE SCHEDULE \(CLICK HERE\)](#)