

SCARLET-NJ WAVE - FALL/WINTER 2025-2026								
	* Subject to change with notice.							
	* Dryland times may be added to this schedule for various groups per the coaches.							
	* Swimmers should make every attempt to arrive at the pool 15 minutes prior to practice start time (only exception is when they are coming straight from school; then we ask that they get to the pool as soon as they can safely).							
	National / Sectional	Senior Performance	Senior Development	Senior Prep	Age Group	Age Group II	Super Squad	Swim America (Lessons)
	Dryland included							
Monday	3:30-6pm (Bethany CC)	6-8pm (G) [dryland 5:40-6pm]	6-8pm (LHS)	3:45-5:45pm (BCC)	4-5:30pm (BCC)	5:45-7pm (BCC)	6-7pm (BCC)	Off
	5-6:30am (BCC)	5-6:30am (BCC)-Optional AM			5:30-6pm dryland			
Tuesday	3:30-7:15pm (BCC)	6:30-8:30pm (LHS)	7:30-9pm (G)	4:30-6:30pm (LHS)	Off	Off	Off	Off
	*Includes dryland.	(may shift 7-9pm during HS Season)	7-7:30pm dryland	(may shift 5-7pm during HS Season)				
		5:30-6:15pm dryland						
Wednesday	3:30-6pm (Bethany CC)	6-8pm (G) [dryland 5:40-6pm] 6 lanes til 7:30 then 4 lanes til 8pm	6-8pm (LHS)	5-6:30am (BCC)	3:50-5:30pm (BCC)	4-5:30pm (BCC)	6-7:30pm (BCC)	Off
	5-6:30am (BCC)	5-6:30am (BCC)-Optional AM		(AM Practice: Invitation Only)	dryland 5:30-6pm	dryland 5:30-6pm		
				NO PM PRACTICE				
Thursday	3:30-7:15pm (BCC)	6:30-8:30pm (LHS)	7:30-9pm (G)	4:30-6:30pm (LHS)	Off	Off	Off	Off
		(may shift 7-9pm during HS Season)		(may shift 5-7pm during HS Season)				
	*Includes dryland.	5:30-6:15pm dryland						
Friday	3:30-6pm (BCC)	Off	Off	Off	4:30-6:30pm (G)-3 lanes 4-4:30pm dryland	5-6:30pm-3 lanes (G) 4:30-5pm dryland	Off	Off
Saturday	7-11:15am (BCC)	6:30-10am (LHS)	8-9:45am (G)	10am-12pm (BCC)	10-11:30am (LHS)	7:30-9am (LBC)	10:30am-12pm (LHS)	9-10am (LHS)
	*Includes dryland.	* SwimAmerica 9-10am (6 wks only)		9:15-9:45pm dryland	* Changes to 9-10:30am when Swim America Lessons are not in session.			(6 wks only)
Sunday	6-8am (LHS)	8-9:45am (LHS)	Off	10:30am-12pm (LHS)	Off	Off	Off	10-10:30am (LHS)
		10-10:30am lessons (6 wks only)						(6 wks only)
NOTES:	A) Wednesday Senior Prep Practice is by invitation only and will practice with Nat'l group. This practice is for only the older or most Advanced Senior Prep swimmers.							
	B) Amphibious dryland means that coaches will sometimes mix dryland skills and swimming.							
	C) AM PRACTICES FOR NATIONAL, SENIOR PERFORMANCE, AND SENIOR PREP (s.prep by Coach Erin's permission only) BEGIN MON, OCTOBER 7TH.							
Additional Notes:	1) (BCC) Signifies Bergen Community College - directions on website. 2) (Bethany CC) Signifies Bethany Community Center in Washington Township - directions on website. 3) (G) Signifies Garfield Boys Club - directions on website. 4) (LBC) Signifies Lodi Boys Club - directions on website. 5) (LHS) Signifies Lyndhurst High School-directions on website. 6) All practices are closed to parent viewing except on Saturdays and Sundays. 7) Parents viewing practice may be excused at any time if they are interfering with the practice (using stopwatches, communicating / calling to your child, videofilming, etc). 8) Some pool hours may shift back 1 hour during HS Swimming season (November-March) on Tuesdays and Thursdays at Lyndhurst HS (as indicated above). 9) Please check your email and the team website daily in case of schedule changes.							