

| SCARLET-NJ WAVE - WINTER 2025-2026 - BEGINNING MONDAY 11/17/25 until SATURDAY 1/31/25. | | | | | | | | |
|--|---|---|----------------------------------|--|---|--|--------------------|---|
| | * Subject to change with notice. | | | | | | | |
| | * PLEASE SEE BOTTOM OF PAGE FOR DATES OF LHS HIGH SCHOOL MEETS WHICH IMPACTS THE SCHEDULE ON CERTAIN DAYS. | | | | | | | |
| | * 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) |
| | <i>Dryland Included</i> | | | | | | | |
| Monday | 3:30-6pm (Bethany CC) 5-6:30am (BCC) | 6-8pm (G) [dryland 5:40-6pm] 5-6:30am (BCC)- <i>Optional AM</i> | 6-8pm (LHS) | 3:45-5:45pm (BCC) | 4-5:30pm (BCC) 5:30-6pm dryland | 5:45-7pm (BCC) | 6-7pm (BCC) | Off |
| Tuesday | 3:30-7:15pm (BCC) <i>*Includes dryland.</i> | 7-9pm (LHS) 6-6:45pm dryland | 7:30-9pm (G) 7-7:30pm dryland | 5-7pm (LHS) <i>* Times will be different on LHS Meet Dates</i> | Off | Off | Off | Off |
| | | <i>* Times will be different on LHS Meet Dates</i> | | | | | | |
| Wednesday | 3:30-6pm (Bethany CC) 5-6:30am (BCC) | 6-8pm (G) [dryland 5:40-6pm] 6 lanes til 7:30 then 4 lanes til 8pm 5-6:30am (BCC)- <i>Optional AM</i> | 6-8pm (LHS) | 5-6:30am (BCC) <i>(AM Practice: Invitation Only)</i> NO PM PRACTICE | 3:50-5:30pm (BCC) dryland 5:30-6pm | 4-5:30pm (BCC) dryland 5:30-6pm | 6-7:30pm (BCC) | Off |
| Thursday | 3:30-7:15pm (BCC) <i>*Includes dryland.</i> | 7-9pm (LHS) 6-6:45pm dryland | 7:30-9pm (G) | 5-7pm (LHS) <i>* Times will be different on LHS Meet Dates</i> | Off | Off | Off | Off |
| | | <i>* Times will be different on LHS Meet Dates</i> | | | | | | |
| 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) <i>*Includes dryland.</i> | 6:30-10am (LHS) <i>* SwimAmerica 9-10am (6 wks only)</i> | 8-9:45am (G) | 10am-12pm (BCC) 9:15-9:45pm dryland | 10-11:30am (LHS) <i>* Changes to 9-10:30am when Swim America Lessons are not in session.</i> | 7:30-9am (LBC) | 10:30am-12pm (LHS) | 9-10am (LHS) <i>(6 wks only)</i> |
| Sunday | 6-8am (LHS) | 8-9:45am (LHS) 10-10:30am lessons (6 wks only) | Off | 10:30am-12pm (LHS) | Off | Off | Off | 10-10:30am (LHS) <i>(6 wks only)</i> |
| 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) 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. | | | | | | | |
| LHS MEET DATES: | 1) LHS has meets on the following dates: Tues 12/9, Thurs 12/11, Tues 12/26, Tues 1/6, Thurs 1/8, Tues 1/27 & Sat 1/31 (LHS pool closed on Sat 1/31). 2) When LHS has meets on a Tues or Thurs, the following practice time changes will be in effect: Senior Prep will practice 6:30-8pm and Senior Performance will practice 8-9:30pm at LHS. | | | | | | | |