



Charger Aquatics Winter 2025-2026 Practice Schedule

Please note: This schedule may be subject to change. Should practices change, we will notify everyone as soon as possible for the Winter Schedule during the NMAA HS Season. The schedule begins November 3rd and runs through February 22nd. We resume this Schedule for the Spring on February 23rd, 2026 through the end of school.

Sr Elite: Lead Coach Jim; Assist: Rotating Staff

- Monday: 6:30AM-7:30AM Weight Room; 5:15PM-7:30PM Swim
- Tuesday: 5:45-7:30 AM Swim, PM Swim with HS team (Select SRE swimmers 5:45PM-7:45PM Swim)
- Wednesday: 4:15PM-5:15PM Yoga, 5:30PM-7:30PM Swim
- Thursday: 6:30AM-7:30AM Weight Room; 5:15PM-7:30PM Swim
- Friday: 5:45-7:30 AM Swim (Select SRE stay 7:30-8:30), PM Swim with HS team
- Saturday: 7:45-10:30 AM Swim at Academy or at Time/Dates TBD @ UNM LCM pool

Speed & Power: Lead: Coach Elise; Assist: Coach Daniel, Jim, Mo

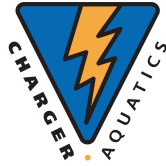
- Monday: 5:30PM-7:30PM Swim (Dryland to Start)
- Tuesday: 5:45-7:30AM Swim, PM Swim with HS team
- Wednesday: Optional AM 5:30AM-7:00AM Swim
- Thursday: 6:15PM-7:15PM Weight Room
- Friday: 5:45-7:30AM Swim, PM Swim with HS team
- Saturday: 7:45AM-10:00AM (Dryland to Start)

Sr Regional: Lead Mo; Assist: Rotating Staff

- Monday: 6:30AM-7:30AM Weight Room, Yoga 4:00PM-5:00PM, 5:15PM-7:30PM Swim
- Tuesday: 5:45AM-7:30AM Swim, PM swim with HS team
- Wednesday: 5:15PM-7:30PM Swim
- Thursday: 5:45AM-7:30AM Swim, 6:15PM-7:15PM Weight Room
- Friday: 5:45AM-7:30AM Swim, PM swim with HS team
- Saturday: 7:45AM-10:00AM (Dryland to Start)

Lightning Regional: Lead Mo; Assist: Rotating Staff)

- Monday: 5:15PM-7:30PM Swim (Attend SRR practice)
- Tuesday: 5:45PM-7:45PM (Dryland to Start)
- Wednesday: 5:15PM-7:30PM Swim (Attend SRR practice)
- Thursday: 5:45PM-7:45PM (Dryland to Start)
- Friday: 5:45PM-7:30PM Swim



- Saturday: 10:15AM-12:00PM Swim

Lightning: Lead Coach Mo; Assist: Coaches Ally and Flex Coaches

- Monday: 4:00PM-5:45PM Swim
- Tuesday: 5:45PM-7:45PM (Dryland to Start)
- Thursday: 5:45PM-7:45PM (Dryland to Start)
- Friday: 5:45PM-7:30PM Swim
- Saturday: 10:15AM-12:00PM Swim

Lightning Prep: Lead Coach Liz; Assist: Flex Coaches

- Tuesday: 6:00PM- 7:30PM Swim
- Wednesday: 4:45PM- 6:15PM (Dryland to Start)
- Thursday: 4:45PM- 6:15PM Swim
- Friday: 4:45PM- 6:15PM (Dryland to Start)

Bolts: Lead Coach Ally; Assist: Flex Coaches

- Monday: 5:30PM-7:15PM (Dryland to Start)
- Tuesday: 5:45PM-7:30PM Swim
- Wednesday: 4:30PM-6:15PM (Dryland to Start)
- Thursday: 4:30PM-6:15PM Swim
- Friday: 5:45PM- 7:30PM Swim

Little Bolts: Lead Coach Wes; Assist: Flex Coaches

- Monday: 4:00PM-5:30PM (Dryland to Start)
- Tuesday: 5:45PM-7:15PM Swim
- Wednesday: 4:45PM-6:15PM (Dryland to Start)
- Thursday: 4:45PM-6:15PM Swim
- Friday: 5:45PM-7:15PM Swim

Gold: Lead Coach Sarah; Assist: Coach Daniel

- Tuesday: 4:00PM-5:15PM (Dryland to Start)
- Thursday: 4:00PM-5:15PM (Dryland to Start)
- Friday: 4:45PM-6:00PM Swim
- Saturday: 10:30AM -11:45AM Swim

Silver: Lead Coach Sarah w/ Flex Coaches

- Tuesday : 5:15PM-6:15PM Swim
- Thursday: 6:30PM-7:30PM Swim
- Friday: 6:30PM-7:30PM Swim



- Saturday: 9:00AM-10:00AM Swim

Bronze: Lead Coach Sarah w/ Flex Coaches

- Tuesday: 4:00PM-4:55PM Swim
- Wednesday: 6:30PM-7:25PM Swim
- Friday: 4:45PM-5:40PM Swim
- Saturday: 8:00AM- 8:55AM Swim