



Charger Aquatics Fall/Spring 2025-2026 Practice Schedule

(as of: Aug 14th 2025)

Please note: This schedule may be subject to change. Should practices change, we will notify everyone as soon as possible. The schedule begins August 25th and runs through November 3rd when we will shift to the Winter Schedule during the NMAA HS Season. We resume this Schedule for the Spring on February 23rd, 2026 through the end of school.

Sr Elite -85% Attendance -

- Monday: 5:45-7:30AM Swim; 4:15-6:30 PM Team Meetings** & Weight Room
- Tuesday: 5:45-7:30 AM Swim, 4:00PM-6:15 PM Swim
- Wednesday: 4:00-5:00 PM Yoga, 5:15-6:45 Swim
- Thursday: 5:45-7:30 AM Swim, 4:00PM-6:15 PM Swim
- Friday: 5:45-7:30 AM Swim, 5:15-6:30 PM Weight Room
- Saturday: 7:45-10:30 AM Swim at Academy or at Time/Dates TBD @ UNM LCM pool

** Team Meetings Including but not limited to: Monthly TritonWear Data Review, Bi-weekly Mental Performance Coaching, Weekly Training & Competition Plan Review, College Recruiting Check-Ins

Senior Performance (Formally Speed and Power):

- Monday: 4:00-5:45 PM Swim (Dryland to Start)
- Tuesday: 5:45- 7:30 AM Swim (Attend SRE/SRR practice)
- Wednesday: 4:00- 5:45 PM (Dryland to Start)
- Thursday: 5:45- 7:30 AM Swim (Attend SRE/SRR practice), 6:15 PM- 7:15 PM Weight Room
- Friday: 4:00- 5:45 PM (Dryland to Start)
- Saturday: 8:00 AM - 10:00 AM

Sr Regional:

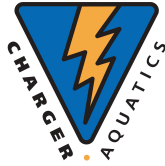
- Monday: 4:00PM-6:15PM Swim
- Tuesday: 5:45AM-7:30AM Swim, 6:15PM-7:15PM Weight Room
- Wednesday: 4:00PM-6:15 PM Swim
- Thursday: 5:45AM-7:30AM Swim, 6:15PM- 7:15PM Weight Room
- Friday: 4:00PM-6:15PM Swim
- Saturday: 7:45AM-10:00AM (Dryland to Start)

Senior (Formally HS Prep):

- Monday: 4:00-5:45 PM Swim (Dryland to Start)
- Wednesday: 4:00- 5:45 PM (Dryland to Start)
- Friday: 4:00- 5:45 PM (Dryland to Start)
- Saturday: 8:00 AM - 10:00 AM

Lightning Regional:

- Monday: 4:00PM-6:15PM Swim (Attend SRR practice)
- Tuesday: 4:00 PM-6:00 PM (Dryland to Start)
- Wednesday: 4:00PM-6:15PM Swim (Attend SRR practice)
- Thursday: 4:00PM-6:00PM (Dryland to Start)



- Friday: 6:00PM- 7:45PM Swim
- Saturday: 10:15AM-12:15PM Swim(Dryland to Start)

Lightning:

- Monday: 6:00PM-7:45PM Swim
- Tuesday: 4:00 PM-6:00 PM (Dryland to Start)
- Thursday: 4:00 PM-6:00 PM (Dryland to Start)
- Friday: 6:00PM- 7:45PM Swim
- Saturday: 10:15AM-12:15PM (Dryland to Start)

Bolts:

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

Gold:

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

Silver:

- Tuesday : 6:00PM-7:00PM Swim
- Wednesday: 6:00PM-7:00PM Swim
- Thursday: 6:00PM-7:00PM Swim
- Friday: 5:30PM-6:30PM Swim
- Saturday: 11:00 AM- 12:00 PM Swim

Bronze:

- Monday: 5:00 PM -5:55 PM Swim
- Tuesday: 5:00 PM- 5:55 PM Swim
- Thursday: 5:00 PM- 5:55 PM Swim
- Friday: 4:30PM-5:25PM Swim
- Saturday: 10:00 AM -10:55 AM Swim