



Charger Aquatics Winter Break

(Modified Schedules from December 19, 2025-January 6th)

CAQ views the holidays as an important time for swimmers, coaches and families to slow down and focus on those activities they often put off with their busy lives. We want families to enjoy the holidays while ensuring we provide age and ability appropriate training opportunities that reflect the varying outcome goals of the Developmental, Age Group and Senior Programs. Please read carefully and enjoy the holiday season.

- Developmental Division (Bronze, Silver, Gold)
 - OFF - NO PRACTICES from December 22nd-December 27th
 - Monday, December 29th, Tuesday, December 30th, and Friday January 2 - TIME DEVELOPMENTAL PRACTICE
 - All Developmental Groups should attend the CAQ SF Meet Saturday January 3rd and 4th
 - Return to Normal Winter Schedule on January 6th

- Age Group Program
 - Bolts and Little Bolts
 - OFF from December 22nd - December 27th
 - December 19th-21st: EPAP Leo Cancellare Memorial Meet, El Paso Texas (Prelims/Finals meet; no qualifying times required)
 - December 27th-28th: Optional (separate cost) attend **Fitter and Faster Clinic** (registration details coming soon)
 - Monday December 29th, Tuesday December 30th, and Friday January 2nd
 - 4-5:30PM - Optional Practice for those attending CAQ SF Meet on January 3rd-4th
 - Saturday, Jan 3rd - Sunday, Jan 4th: Attend CAQ SF Meet
 - Monday, Jan 5th - OFF
 - Tuesday January 6th- return to Winter Practice Schedule



- Junior Program
 - Lightning Prep/ Lightning
 - OFF from December 22nd - December 27th
 - December 19th-21st: EPAP Leo Cancellare Memorial Meet, El Paso Texas (Prelims/Finals meet; no qualifying times required)
 - December 27th-28th: Optional (separate cost) attend **Fitter and Faster Clinic** (registration details coming soon)
 - Monday December 29th, Tuesday December 30th, and Friday January 2nd
 - 4-5:30PM - Optional Practice for those attending CAQ SF Meet on January 3rd-4th
 - Saturday, Jan 3rd - Sunday, Jan 4th: Attend CAQ SF Meet
 - Monday, Jan 5th - OFF
 - Tuesday, January 6th: Return to regular Winter Practice Schedule
 - Lightning Regional
 - December 19th-21st: EPAP Leo Cancellare Memorial Meet, El Paso Texas (Prelims/Finals meet; no qualifying times required)
 - OFF from December 22nd-27th
 - December 27th & 28th: Optional (separate cost) attend Fitter and Faster Clinic (registration details coming soon)
 - Monday December 29th and Tuesday December 30th
 - 5:45pm- 7:30pm swim
 - Wednesday December 31st
 - 8:00am-10:00am swim
 - Thursday, January 1st - OFF
 - Friday, January 2nd
 - 5:45pm-7:30pm
 - Saturday, Jan 3rd - Sunday, Jan 4th: Attend CAQ SF Meet
 - Monday, Jan 5th: OFF



- Tuesday, January 6th: Return to regular Winter Practice Schedule
- Senior Division (HS Prep, S&P, SRR, SRE)
 - S&P: OFF from December 19th-28th
 - December 19th-21st: EPAP Leo Cancellare Memorial Meet, El Paso Texas (Prelims/Finals meet; no qualifying times required)
 - December 27th & 28th: Optional (separate cost) attend **Fitter and Faster Clinic** (registration details coming soon)
 - Monday, December 29th
 - 7-8 AM - Weight Room
 - 3:45-6:30 PM Swim
 - Tuesday, December 30th:
 - 7-9:15 AM - Swim **OR**
 - 3:45-6 PM - Swim
 - Wednesday, Dec 31st
 - 7-9:45 AM - Swim
 - Thursday, January 1st - OFF
 - Friday, January 2nd:
 - 7-8AM - Weight Room
 - 3:45-6PM - Swim
 - Saturday, January 3rd:
 - 7:45-10:30 AM - Swim
 - Attend CAQ SF Meet
 - Sunday, Jan 4th: Optional - Attend CAQ SF Meet
 - Monday, Jan 5th
 - 4-6:30 PM - Swim
 - Tuesday, Jan 6th
 - Return to Winter Schedule
 - SRR: Modified Practice Schedule December 20th, 2024 - January 6th, 2025



- December 20th-21st: OFF NO PRACTICE
- December 19th-21st: EPAP Leo Cancellare Memorial Meet, El Paso Texas (Prelims/Finals meet; no qualifying times required)
- Monday, December 22nd:
 - 2:30pm-3:30pm Weight Room
 - 4:00pm-6:00pm Swim
- Tuesday, December 23rd:
 - Choose **ONE** 7-9:15 AM or 3:45-6 PM
- Wednesday, December 24th:
 - 7:00am -9:45am - Swim
 - 9:45-11:15 AM - SRR Holiday Breakfast & Gift Exchange
- Thursday, December 25th: OFF
- Friday, December 26th:
 - 7:00am-8:00am - Weights
 - 3:45pm-6:00pm - Swim
- Saturday, December 27th:
 - 8:00am-9:00am Yoga
 - 9:15am-11:15am Swim
 - 1:30pm-4:30pm - Encouraged to Attend **Fitter & Faster**
- Sunday, December 28th:
 - Encouraged to Attend **Fitter & Faster**
- Monday, December 29th
 - 7-8 AM - Weight Room
 - 3:45-6:30 PM Swim
- Tuesday, December 30th:
 - 7-9:15 AM - Swim
 - 3:45-6 PM - Swim
- Wednesday, Dec 31st
 - 7-9:45 AM - Swim
- Thursday, January 1st - OFF
- Friday, January 2nd:
 - 7-8AM - Weight Room



- 3:45-6PM - Swim
 - Saturday, January 3rd:
 - 7:45-10:30 AM - Swim
 - Attend CAQ SF Meet
 - Sunday, Jan 4th: Optional - Attend CAQ SF Meet
 - Monday, Jan 5th
 - 6:30-7:30 - Weight Room
 - 4-6:30 - Swim
 - Tuesday, Jan 6th
 - Return to Winter Schedule
- SRE: Modified Practice Schedule December 20th, 2024 - January 6th, 2025
- Friday - Sunday, December 19th-21st: EPAP Meet, El Paso (Prelims/Finals)
 - Monday, December 22nd:
 - 2:30-3:30PM Weights
 - 4:00-6:00PM Swim
 - Tuesday, December 23rd:
 - 7-9:15 AM - Swim
 - 3:45-6 PM - Swim
 - Wednesday, December 24th:
 - 7-9:45 AM - Swim
 - 9:45-11:15 AM - SRE Holiday Breakfast & Gift Exchange
 - Thursday, December 25th: OFF
 - Friday, December 26th:
 - 6:15-8:30 AM Swim @ UNM LCM
 - 3:00-4:00 PM - Weights
 - 4:30-6:00 PM - Swim
 - Saturday, December 27th:
 - 7:45-8:45 AM Yoga
 - 9:15-11:15AM Swim



- 1:30-4:30 - Encouraged to Attend **Fitter & Faster**
- Sunday, December 28th:
 - Encouraged to Attend **Fitter & Faster**
- Monday, December 29th
 - 6:15-8:30 AM Swim @ UNM LCM
 - 3:00-4:00 PM - Weights
 - 4:30-6:00 PM - Swim
- Tuesday, December 30th:
 - 7-9:15 AM - Swim
 - 3:45-6 PM - Swim
- Wednesday, Dec 31st
 - 6:15-8:30 AM Swim @ UNM LCM
- Thursday, January 1st - OFF
- Friday, January 2nd:
 - 6:15-8:30 AM Swim @ UNM LCM
 - 3:00-4:00 PM - Weights
 - 4:30-6:00 PM - Swim
- Saturday, January 3rd:
 - 7:45-8:45 AM Yoga
 - 9:15-11:15 AM - Swim
- Sunday, Jan 4th: Optional - Attend CAQ SF Meet
- Monday, Jan 5th:
 - 6:15-8:30 AM Swim @ UNM LCM
 - 3:00-4:00 PM - Weights
 - 4:30-6:00 PM - Swim
- Tuesday, January 6th: Return to regular Winter Practice Schedule