



Practice Adjustments

November 26, 2025- Wednesday

- Senior Program
 - SRE- normal
 - SRR- 7:00am-9:00am
 - S & P- normal
- Junior Program
 - Lightning/Lightning Regional- 7:00am-9:00am
 - Lightning Prep- normal
- Age Group Program
 - Normal Practice
- Competitive Prep
 - Normal practices

November 27, 2025- Thursday

- All practices cancelled

November 28, 2025- Friday

- Senior Program
 - SRE
 - Lift/Swim TBD
- All practices cancelled

November 29, 2025- Saturday

- Senior Program
 - Normal
- Junior Program
 - Normal
- Competitive Prep Program
 - No practice

