



2025-26 Fall & Winter Practice Schedule

(October 1 – February 28*)

[The Ohio State University](#) (OSU): 337 Annie & John Glenn Ave., Columbus, OH 43210

[St. Charles Preparatory School](#) (SC): 2010 E. Broad St., Columbus, OH 43209

[The Lakes](#): 6740 Worthington Road, Westerville, OH 43082

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice	5:00-6:00pm swim Lakes		5:00-6:00pm swim Lakes		No practice		6:00-7:00pm swim SC
Bronze	6:00-7:15pm swim Lakes		6:00-7:15pm swim Lakes			9:00-10:30am swim Lakes	5:30-6:00pm dry 6:00-7:30pm swim SC
Silver		4:45-6:15pm swim OSU	6:30-7:00pm dry 7:00-8:30pm swim SC	4:45-6:15pm swim OSU		1:30-2:00pm dry 2:00-3:30pm swim SC	4:30-6:00pm swim SC
Gold	5:30-7:00pm swim 7:00-7:30pm dry SC		5:30-7:00pm swim 7:00-7:30pm dry SC			Noon-12:30pm dry 12:30-2:00pm swim SC	
Senior	4:30-6:15pm swim OSU	^5:45-6:30pm WR 7:00-8:15pm swim SC	4:30-6:15pm swim OSU	^5:45-6:30pm WR 7:00-8:15pm swim SC		^10:00-10:45am WR 11:00am-12:30pm swim SC	12:30-2:30pm swim SC
National Team		^4:45-5:30pm WR 5:45-7:00pm swim SC		^4:45-5:30pm WR 5:45-7:00pm swim SC		7:30-9:00am swim ^9:15-10:00am WR SC	2:30-4:30pm swim SC

^ [St. Charles weight room](#) (WR): 61 N. Nelson Rd, Columbus, OH 43219

*Our practice schedule changes once the high school swim season concludes. Separate practice schedules will be available for the spring & summer.

Notes:

- Swimmers are placed into training groups based on their ages & training aptitude. Our team handbook describes the expectations for each training group.
- Each swimmer will take a break after their final championship meet in February or March until we resume practices in April. We will offer optional practices during that break.
- There will be no practice on most national holidays or during facility conflicts. Whenever possible, we will try to adjust practice times during conflicts.
- Practice adjustments will be noted in our weekly team updates. November & December holiday practice adjustments will be posted on our team website prior to each adjustment.