



2025 Summer Practice Schedule

(May 27 – July 31)

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novice	6:00-7:00pm swim St. Charles	6:00-7:00pm swim St. Charles		6:00-7:00pm swim St. Charles		
Bronze	6:00-7:30pm swim St. Charles	6:00-7:30pm swim St. Charles		6:00-7:30pm swim St. Charles		10:30am-Noon swim Ohio State
Silver	4:30-6:00pm swim 6:00-6:30pm dryland St. Charles	9:45-11:15am swim Ohio State	8:00-9:30am swim 9:30-10:00am dryland St. Charles	9:45-11:15am swim Ohio State		
Gold	9:30-11:00am swim 11:15-11:45am WR St. Charles		9:30-11:00am swim 11:15-11:45am WR St. Charles			
HS swimmers w/out Sectional cuts	8:15-10:00am swim Ohio State	9:15-11:00am swim St. Charles	8:15-10:00am swim Ohio State	7:30-9:15am swim St. Charles	8:15-10:00am swim Ohio State	9:00-10:30am swim Ohio State
HS swimmers w/ Sectional cuts	10:30-11:15am WR St. Charles	7:30-9:15am swim St. Charles	10:30-11:15am WR St. Charles	9:15-11:00am swim St. Charles	10:30-11:15am WR St. Charles	

Notes:

- We'll offer combined 4:30-6:00pm practices at St. Charles May 27-29 for swimmers who are still in school and unable to make the morning practices.
- Practices may be canceled or adjusted during federal holidays and other facility scheduling conflicts. If one facility is unavailable on a given day, we'll often move that practice to our other location.
- Swimmers will take breaks after their final championship meets in July until we resume practices for the 2025-26 season. We will offer optional practices during this time so that our swimmers can stay in the water but still get a break between seasons.