



Tidal Wave Aquatics

2025 Summer Practice Schedule

Summer Schedule Starting May 27

AM Practices will be held at Oak Creek Swim Club

PM Practices will be held at the Kettering Rec Center

****Please note: Silver & Bronze groups are only permitted to swim one practice per day.**

Gold group is encouraged to attend both practices.

	Monday	Tuesday	Wednesday	Thursday	Friday
Bronze	5:00-6:00pm	7:00-8:00am	5:00-6:00pm	7:00-8:00am	7:00-8:00am
Silver	6:30-8:00am (6:30-7:00am dryland) or 6:00-7:00pm	6:30-8:00am (6:30-7:00am diving well)	6:30-8:00am (6:30-7:00am dryland) or 6:00-7:00pm	6:30-8:00am (6:30-7:00am diving well)	6:30-8:00am (6:30-7:00am dryland)
Gold	6:00-8:00am 5:00-6:30pm Lifting/Dryland	6:00-8:00am	6:00-8:00am 5:00-6:30pm Lifting/Dryland	6:00-8:00am	6:00-8:00am