

2025-26 ABLY October-March
SC Practice Schedule



GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior I	<i>(deep)</i> 5:15 - 6:45 am 3:45 - 6 pm	<i>(shallow)</i> 3:45 - 6 pm	<i>(deep)</i> 5:15 - 6:45 am 3:45 - 6 pm	<i>(shallow)</i> 3:45 - 6 pm	<i>(deep)</i> 3:45 - 5:45 pm	<i>(deep)</i> 8 - 10:15 am	OFF
Senior II	<i>(shallow)</i> 3:45- 6:15 pm <i>Includes Dryland</i>	<i>(deep)</i> 3:30 - 5:30 pm	<i>(shallow)</i> 3:45 - 6:15 pm <i>Includes Dryland</i>	<i>(deep)</i> 3:45 - 5:45 pm	<i>(shallow)</i> 3:45 - 5:45 pm	<i>(shallow)</i> 8 - 10 am	OFF
Pre-Senior	<i>(deep)</i> 6 – 7:45 pm <i>Dryland 5:15 pm</i>	<i>(shallow)</i> 6 – 7:45 pm	<i>(deep)</i> 6 – 7:30 pm	<i>(shallow)</i> 6 – 7:45 pm <i>Dryland 5 pm</i>	OFF	<i>(deep)</i> 10:15 am – 12 pm	OFF
Silver (11-12)	<i>(shallow)</i> 6 – 7:30 pm	<i>(deep)</i> 6:45- 8:15 pm <i>Dryland 5:45 pm</i>	OFF	<i>(deep)</i> 6 – 7:30 pm <i>Dryland 5:30 pm</i>	<i>(deep)</i> 5:45 – 7:15 pm	<i>(shallow)</i> 10 -11:45 am	OFF
Bronze (9-10)	OFF	<i>(deep)</i> 5:30 – 6:45 pm	<i>(deep)</i> 6 – 7:30 pm <i>Dryland 5:40 pm</i>	OFF	<i>(shallow)</i> 5:45 – 7 pm	<i>(deep)</i> 11:45 am – 1:15 pm	OFF
Cudas (8 & Under)	<i>(Indoor)</i> 7 – 8 pm	OFF	<i>(Indoor)</i> 7 – 8 pm	OFF	<i>(Indoor)</i> 6 – 7 pm	OFF	OFF
Cuda II	OFF	OFF	<i>(Dome)</i> 6:15 – 7 pm	OFF	<i>(Indoor)</i> 7 – 8 pm	<i>(Dome)</i> 1:15 – 2 pm	OFF
Masters	5:45 - 7 am	OFF	5:45 - 7 am	OFF	5:45 - 7 am	7 - 8 am	OFF