

Scroll Through For Your Squad

ALL Squads

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	Bronze: 7-8pm @Minden		Bronze: 7-8pm @Minden		Bronze: 5:30-7pm @NW	
	Silver: 7-8pm @Minden		Silver: 7-8pm @Minden		Silver: 5:30-7pm @NW	NO POOL-
	Gold: 6-7pm @ Minden	Gold: 5:30-7pm @ NW	Gold: 6-7pm @ Minden		Gold: 5:30-7pm @NW	LANE AVAILABILITY
	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 4-5:30pm @ NW	TO CARS
						No Training
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
	Bronze: 7-8pm @Minden		Bronze: 7-8pm @Minden		Bronze: 5:30-7pm @NW	
	Silver: 7-8pm @Minden		Silver: 7-8pm @Minden		Silver: 5:30-7pm @NW	NO POOL-
	Gold: 6-7pm @ Minden	Gold: 5:30-7pm @ NW	Gold: 6-7pm @ Minden		Gold: 5:30-7pm @NW	LANE AVAILABILITY
	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: No Lanes at NW	SR I & II: 5:30-7pm @ NW	SR I & II: 4-5:30pm @ NW	TO CARS
			No Sr. training 12/10			
						No Training
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
	Bronze: 7-8pm @Minden		Bronze: 7-8pm @Minden		Bronze: 5:30-7pm @NW	
	Silver: 7-8pm @Minden		Silver: 7-8pm @Minden		Silver: 5:30-7pm @NW	NO POOL-
	Gold: 6-7pm @ Minden	Gold: 5:30-7pm @ NW	Gold: 6-7pm @ Minden		Gold: 5:30-7pm @NW	LANE AVAILABILITY
	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 4-5:30pm @ NW	TO CARS
						No Training
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	Bronze: 7-8pm @Minden					
	Silver: 7-8pm @Minden	NO POOL-	NO POOL-	HOLIDAY	NO POOL-	NO POOL-
	Gold: 6-7pm @ Minden	LANE AVAILABILITY	LANE AVAILABILITY	NO	LANE AVAILABILITY	LANE AVAILABILITY
	SR I & II: 6-7:30pm	TO CARS	TO CARS	TRAINING	TO CARS	TO CARS
	@ Minden					
		No Training	No Training		No Training	No Training
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	Bronze: 7:30-8:30am	Bronze : 7:30-8:30am	Bronze : 7:30-8:30am	Bronze : 10:00-11:00am	Bronze : 7:30-8:30am	
	Silver: 7:30-8:30am	Silver: 7:30-8:30am	Silver: 7:30-8:30am	Silver: 10:00-11:00am	Silver: 7:30-8:30am	Silver: 7:30-8:30am
	Gold : 7:30-9:00am	Gold : 7:30-9:00am	Gold : 7:30-9:00am	Gold : 9:30-11:00am	Gold : 7:30-9:00am	Gold: 7:00-8:30am
	SR I & II: 7:00-9:00am	SR I & II: 7:00-9:00am	SR I & II: 7:00-9:00am	SR I & II: 9:30-11:00am	SR I & II: 7:00-9:00am	SR I & II: 7:00-8:30am
						SR I wts: 8:45-9:30pm
BARRING	UNFORESEEN	CIRCUMSTANCES	ON 12/29/25	WE'RE BACK	AT C.A.F	



Scroll Through For Your Squad

BRONZE Squad

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	Bronze: 7-8pm @Minden		Bronze: 7-8pm @Minden		Bronze: 5:30-7pm @NW	NO POOL- LANE AVAILABILITY TO CARS No Training
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
	Bronze: 7-8pm @Minden		Bronze: 7-8pm @Minden		Bronze: 5:30-7pm @NW	NO POOL- LANE AVAILABILITY TO CARS No Training
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
	Bronze: 7-8pm @Minden		Bronze: 7-8pm @Minden		Bronze: 5:30-7pm @NW	NO POOL- LANE AVAILABILITY TO CARS No Training
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	Bronze: 7-8pm @Minden	NO POOL- LANE AVAILABILITY TO CARS	NO POOL- LANE AVAILABILITY TO CARS	HOLIDAY NO TRAINING	NO POOL- LANE AVAILABILITY TO CARS	NO POOL- LANE AVAILABILITY TO CARS No Training
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	Bronze : 7:30-8:30am	Bronze : 7:30-8:30am	Bronze : 7:30-8:30am	Bronze : 10:00-11:00am	Bronze : 7:30-8:30am	
BARRING	UNFORESEEN	CIRCUMSTANCES	ON 12/29/25	WE'RE BACK	AT C.A.F	



Scroll Through For Your Squad

SILVER Squad

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	Silver: 7-8pm @Minden		Silver: 7-8pm @Minden		Silver: 5:30-7pm @NW	NO POOL- LANE AVAILABILITY TO CARS No Training
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
	Silver: 7-8pm @Minden		Silver: 7-8pm @Minden		Silver: 5:30-7pm @NW	NO POOL- LANE AVAILABILITY TO CARS No Training
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
	Silver: 7-8pm @Minden		Silver: 7-8pm @Minden		Silver: 5:30-7pm @NW	NO POOL- LANE AVAILABILITY TO CARS No Training
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	Silver: 7-8pm @Minden	NO POOL- LANE AVAILABILITY TO CARS No Training	NO POOL- LANE AVAILABILITY TO CARS No Training	HOLIDAY NO TRAINING	NO POOL- LANE AVAILABILITY TO CARS	NO POOL- LANE AVAILABILITY TO CARS No Training
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	Silver: 7:30-8:30am	Silver: 7:30-8:30am	Silver: 7:30-8:30am	Silver: 10:00-11:00am	Silver: 7:30-8:30am	Silver: 7:30-8:30am
BARRING	UNFORESEEN	CIRCUMSTANCES	ON 12/29/25	WE'RE BACK	AT C.A.F	



Scroll Through For Your Squad

GOLD Squad

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	Gold: 6-7pm @ Minden	Gold: 5:30-7pm @ NW	Gold: 6-7pm @ Minden		Gold: 5:30-7pm @NW	LANE AVAILABILITY TO CARS No Training
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
	Gold: 6-7pm @ Minden	Gold: 5:30-7pm @ NW	Gold: 6-7pm @ Minden		Gold: 5:30-7pm @NW	NO POOL- LANE AVAILABILITY TO CARS No Training
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
	Gold: 6-7pm @ Minden	Gold: 5:30-7pm @ NW	Gold: 6-7pm @ Minden		Gold: 5:30-7pm @NW	NO POOL- LANE AVAILABILITY TO CARS No Training
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	Gold: 6-7pm @ Minden	NO POOL- LANE AVAILABILITY TO CARS No Training	NO POOL- LANE AVAILABILITY TO CARS No Training	HOLIDAY NO TRAINING	NO POOL- LANE AVAILABILITY TO CARS	NO POOL- LANE AVAILABILITY TO CARS
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	Gold : 7:30-9:00am	Gold : 7:30-9:00am	Gold : 7:30-9:00am	Gold : 9:30-11:00am	Gold : 7:30-9:00am	Gold: 7 :00-8:30am
BARRING	UNFORESEEN	CIRCUMSTANCES	ON 12/29/25	WE'RE BACK	AT C.A.F	



Scroll Through For Your Squad

SENIOR Squads

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 4-5:30pm @ NW	NO POOL- LANE AVAILABILITY TO CARS No Training
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: No Lanes at NW No Sr. training 12/10	SR I & II: 5:30-7pm @ NW	SR I & II: 4-5:30pm @ NW	NO POOL- LANE AVAILABILITY TO CARS No Training
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 5:30-7pm @ NW	SR I & II: 4-5:30pm @ NW	NO POOL- LANE AVAILABILITY TO CARS No Training
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	SR I & II: 6-7:30pm @ Minden	NO POOL- LANE AVAILABILITY TO CARS No Training	NO POOL- LANE AVAILABILITY TO CARS No Training	HOLIDAY NO TRAINING	NO POOL- LANE AVAILABILITY TO CARS No Training	NO POOL- LANE AVAILABILITY TO CARS No Training
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	SR I & II: 7:00-9:00am	SR I & II: 7:00-9:00am	SR I & II: 7:00-9:00am	SR I & II: 9:30-11:00am	SR I & II: 7:00-9:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm
BARRING	UNFORESEEN	CIRCUMSTANCES	ON 12/29/25	WE'RE BACK	AT C.A.F	



MASTERS SQUAD

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	SEE BELOW					
	FOR LINKS TO		SORRY		SORRY	SORRY
	OTHER AQUATIC		C.A.F. Closed		C.A.F. Closed	C.A.F. Closed
	RESOURCES		NO TRAINING		NO TRAINING	NO TRAINING
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
			SORRY		SORRY	SORRY
			C.A.F. Closed		C.A.F. Closed	C.A.F. Closed
			NO TRAINING		NO TRAINING	NO TRAINING
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
			SORRY		SORRY	SORRY
			C.A.F. Closed		C.A.F. Closed	C.A.F. Closed
			NO TRAINING		NO TRAINING	NO TRAINING
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
			SORRY		SORRY	SORRY
			C.A.F. Closed		C.A.F. Closed	C.A.F. Closed
			NO TRAINING		NO TRAINING	NO TRAINING
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
			5:45-7am		5:45-7am	6:00-7:30am
			Short Course		Short Course	Long Course
BARRING	UNFORESEEN	CIRCUMSTANCES	WE'RE BACK	AT C.A.F		

For Reno open/adult swimming hours please visit: https://www.reno.gov/government/departments/parks-recreation-community-services/aquatics
For Minden open/adult swimming hours please visit: https://cvswim.com/pool-info-resources/