2025 Cascade Spring Practice Schedules

All times and pools are subject to change.
*dryland workout days

** Colman Sat. practices begin 5/17/25

Mon	Tues	Wed	Thurs	Fri	Sat			
SR PERFORMANCE								
Yost 6:00- 8:30pm*	Yost 4:00- 5:45pm	Yost 3:00- 5:45pm*	Yost 4:00- 5:45pm	Yost 5:30- 7:00am	Madison 8-10:30am* Colman 8-10am**			
		SEN	NOR					
Yost 4:00-5:45pm Ballard 4:15-5:30pm Rainier Beach 4:30-6:00pm	Yost 6:00-8:30pm* Ballard 4:00-5:30pm Rainier Beach 4:30-6:00pm*	Yost 4:30-6:00pm Ballard 3:30-4:55pm Rainier Beach 4:30-6:00pm	Yost 6:00-8:30pm* Ballard 4:00-5:30pm Rainier Beach 4:30-6:00pm*	Yost 4:00-5:45pm Ballard 4:15-5:30pm Rainier Beach 4:30-6:00pm	Madison 10:00-11:30am Rainier Beach 7:30-9:30am Colman 8-10am**			
		JR PERFO	DRMANCE					
Madison 4:30- 6:30pm	Madison 4:30- 6:30pm	Madison 4:30- 6:30pm	Madison 4:30- 6:30pm	Madison 4:30- 6:30pm	Yost* 8:45-11:00am Colman 10-11:30am**			
		JUI	NIOR					
Yost 4:00-5:45pm Ballard 4:15-5:30pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 7:00-8:30pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 4:30-6:00pm Ballard 3:30-4:55pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 7:00-8:30pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 4:00-5:45pm Ballard 4:15-5:30pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 8:00-9:30am Rainier Beach 7:30-9:00am Colman 10-11:30am**			
		N.	AVY					
Yost 5:45-7:00pm Ballard 4:15-5:30pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 5:45-7:00pm Ballard 4:00-5:30pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 6:00-7:15pm Ballard 3:30-4:55pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 5:45-7:00pm Ballard 4:00-5:30pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 5:45-7:00pm Ballard 4:15-5:30pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Yost 8:00-9:30am Rainier Beach 7:30-8:30am Colman 10-11:30am**			
	RED	/INTRO (Intro	at Yost pool	only)				

Yost	Yost	Yost	Yost	Yost	Rainier Beach
5:00-5:45pm (I)	5:00-5:45pm (I)	5:00-5:45pm (I)	5:00-5:45pm (I)	5:00-5:45pm (I)	7:30-8:30am (R)
5:45-6:30pm(R)	5:45-6:30pm (R)	5:45-6:30pm (R)	5:45-6:30pm (R)	5:45-6:30pm (R)	Colman
6:30-7:15pm(R)	6:30-7:15pm (R)	6:30-7:15pm (R)	6:30-7:15pm (R)	6:30-7:15pm (R)	10-11am (Red) **
Ballard	Ballard	Queen Anne	Ballard	Ballard	
3:30-4:15	4-4:45 A-L	4:00-4:45 A-L	4-4:45 A-L	3:30-4:15	
Queen Anne	4:45-5:30 M-Z	4:45-5:30 M-Z	4:45-5:30 M-Z	Queen Anne	
4:00-4:45 A-L	Queen Anne	Rainier Beach	Queen Anne	4:00-4:45 A-L	
4:45-5:30 M-Z	4:00-4:45 A-L	4:30-5:30pm	4:00-4:45 A-L	4:45-5:30 M-Z	
Rainier Beach	4:45-5:30 M-Z	Madison	4:45-5:30 M-Z	Rainier Beach	
4:30-5:30pm	Rainier Beach	6:15-7:00pm	Rainier Beach	4:30-5:30pm	
Madison	4:30-5:30pm		4:30-5:30pm		
6:15-7:00 pm	Mad. 6:15-7pm		Mad. 6:15-7pm		