

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