

2025 Cascade Summer Practice Schedules

All times and pools are subject to change.

Begins June 20th and goes thru July 25th. We have August off!

*Yost last day August 1st.

Mon	Tues	Wed	Thurs	Fri	Sat
NAT/SR PERFORMANCE (*bring dryland equipment to practice)					
Madison 9:00-11:00am	Colman 10:00-12:00 Madison* 4:00-6:00pm	Colman 10:00-12:00	Colman 10:00-12:00 Madison* 4:00-6:00pm	Madison 9:00-11:00am	Colman 8:00-10:00am
SENIOR (*Bring dryland equipment to practice)					
Yost* 2:45-5:00pm Rainier Beach 4:30-6:00pm Ballard 4:00-5:30pm	Colman 10:00-12:00 Madison* 4:00-6:00pm	Yost* 2:45-5:00pm Rainier Beach 4:30-6:00pm Ballard 4:00-4:55pm	Colman 10:00-12:00 Madison* 4:00-6:00pm	Madison 9:00-11:00am Rainier Beach 4:30-6:00pm Ballard 4:00-5:30pm	Colman 8:00-10:00am
JR PERFORMANCE (*Bring dryland equipment to practice)					
Yost 5:00-6:30pm	Yost* 2:45-5:00pm	Colman 7:00-9:00pm	Yost* 2:45-5:00pm	Yost 3:30-4:30pm	Colman 10:00-11:30am
JUNIOR					
Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 4:30-5:30pm	Ballard 4:00-4:55pm Colman 7:00-9:00pm Yost 5:00-6:30pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:30pm Yost 4:30-5:30pm Rainier Beach 4:30-5:30pm	Colman 10:00-11:30am
NAVY					
Ballard 4:00-5:30pm Madison 5:00-6:00pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 4:30-5:30pm	Ballard 4:00-4:55pm Yost 5:00-6:30pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:30pm Yost 5:30-6:30pm Rainier Beach 4:30-5:30pm	Colman 10:00-11:30am
RED/INTRO					
Madison Intro 4:00-4:55pm Red 5:00-6:00 Yost 3:30-4:30pm (R) 4:30-5:30pm (I) Rainier Beach 4:30-5:30pm	Ballard Red 4:00-4:45pm (A-L last name) 4:45-5:30 (M-Z last name) Yost 3:30-4:30pm (R) 4:30-5:30pm (I) Rainier Beach 4:30-5:30pm	Madison Intro 4:00-4:55pm Red 5:00-6:00 Yost 3:30-4:30pm (R) 4:30-5:30pm (I) Rainier Beach 4:30-5:30pm	Ballard Red 4:00-4:45pm (A-L last name) 4:45-5:30 (M-Z last name) Yost 3:30-4:30pm (R) 4:30-5:30pm (I) Rainier Beach 4:30-5:30pm	Madison Intro 4:00-4:55pm Red 5:00-6:00pm Yost 4:30-5:30pm (R) Rainier Beach 4:30-5:30pm	Colman 10:00-11:00 (R)
MASTERS					
Yost 6:30-7:30am 6:30-7:30pm	Yost 6:30-7:30am 6:30-7:30pm	Yost 6:30-7:30am 6:30-7:30pm	Yost 6:30-7:30am 6:30-7:30pm	Yost 6:30-7:30am	Yost 7:00-8:00am