

2025 Cascade Winter Training Schedule

QUEEN ANNE Swimmers should go to Ballard over break

	Yost	Madison	Ballard	Rainier Beach	Klahaya
Monday 12/22	CM: 7-8am JP: 8-10:00am Red/Intro: 8:15-9am JP: 2-3:30pm	No Practice	JR: 4:15-5:25pm Navy: 4:15-5:25pm Red: 3:30-4:15	No Practice	JR 8:45-10:30am Navy: 10:30-11:45am Red: 9:45-10:30am & 10:30-11:15am
Tuesday 12/23	CM: 7-8am JP: 8-10:00am Red/Intro: 8:15-9am	No Practice	JR: 4-5:25pm Navy: 4-5:25pm Red: 4:00-4:45 A-L 4:45-5:25 M-Z	No Practice	JR 8:45-10:30am Navy: 10:30-11:45am Red: 9:45-10:30am & 10:30-11:15am
Wednesday 12/24	CM: 7-8am JP: 8-10:00am Red/Intro: 8:15-9am	No Practice	No Practice	No Practice	No Practice
Christmas	NO PRACTICES - Merry Christmas!				
Friday 12/26	CM: 2-3pm JP: 3-4:30pm	No Practice	JR: 4:15-5:25pm Navy: 4:15-5:25pm Red: 3:30-4:15	No Practice	No Practice
Saturday 12/27	CM: 7-8am JP: 8-10:00am	No Practice	No Practice	No Practice	No Practice
Sunday 12/28	No Practice	No Practice	No Practice	No Practice	No Practice
Monday 12/29	CM: 7-8am JP: 8-10:00am Red/Intro: 8:15-9am JP: 2-3:30pm	SR: 8:30-10:15am Red: 10:15-11am	JR: 4:15-5:25pm Navy: 4:15-5:25pm Red: 3:30-4:15	SR: 7-9am Jr/Navy/Red: 8-9am	SP 7-9am JR 8:45-10:30am Navy: 10:30-11:45am Red: 9:45-10:30am & 10:30-11:15am
Tuesday 12/30	CM: 7-8am JP: 8-10:00am Red/Intro: 8:15-9am SP: 2-4pm	SR: 8:30-10:15am Red: 10:15-11am	JR: 4-5:25pm Navy: 4-5:25pm Red: 4:00-4:45 A-L 4:45-5:25 M-Z	SR: 7-9am Jr/Navy/Red: 8-9am	SP 7-9am JR 8:45-10:30am Navy: 10:30-11:45am Red: 9:45-10:30am & 10:30-11:15am
Wednesday 12/31	CM: 7-8am JP: 8-10:00am Red/Intro: 8:15-9am	SR: 8:30-10:15am Red: 10:15-11am	JR: 3-4:25pm Navy: 3-4:25pm Red: 3-3:45 A-L 3:45-4:25 M-Z	SR: 7-9am Jr/Navy/Red: 8-9am	SP 7-9am JR 8:45-10:30am Navy: 10:30-11:45am Red: 9:45-10:30am & 10:30-11:15am
New Years Day	NO PRACTICES - Happy New Year!				
Friday 1/2	CM: 7-8am JP: 8-10:00am Red/Intro: 8:15-9am SP: 2-4pm	SR: 8:30-10:15am Red: 10:15-11am	JR: 4:15-5:25pm Navy: 4:15-5:25pm Red: 3:30-4:15	SR: 7-9am Jr/Navy/Red: 8-9am	SP 7-9am JR 8:45-10:30am Navy: 10:30-11:45am Red: 9:45-10:30am & 10:30-11:15am
Saturday 1/3	CM: 7-8am JP: 8-10:00am	SR: 8-10am JR/Navy: 10-11:30am	No Practice	SR: 7:30-9:30am Jr/Navy/Red: 7:30-8:30am	SP 8-10am

Monday 1/5 All Cascade practices will return to our normal schedule.