

# 2025 Cascade Winter Training Schedule

QUEEN ANNE Swimmers should go to Ballard over break

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