

# 2025-2026 Fall/Winter Practice Schedule

All times and pools are subject to change

\*dryland workout days

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
<b>Senior Performance</b>	<b>Yost</b> 4:00-6:00pm	<b>Yost</b> 4:00-6:45pm*	<b>Klahaya</b> 5:30-7:00am <b>Yost</b> 3:30-5:30pm	<b>Yost</b> 4:00-6:45pm*	<b>Klahaya</b> 5:30-7:00am <b>Yost</b> 4:00-6:00pm	<b>Klahaya</b> 8:00-10:00am*	
<b>Senior</b>	<b>Madison</b> 4:30-6:15pm <b>Rainier Beach</b> 4:30-6:00pm	<b>Madison</b> 4:30-6:15pm <b>Rainier Beach</b> 4:30-6:00pm	<b>Madison</b> 4:30-6:15pm <b>Rainier Beach</b> 4:30-6:00pm	<b>Madison</b> 4:30-6:15pm <b>Rainier Beach</b> 4:30-6:00pm	<b>Madison</b> 4:30-6:00pm	<b>Madison</b> 8:00-10:30am* <b>Rainier Beach</b> 7:30-9:00am	
<b>Junior Performance</b>	<b>Yost</b> 5:30-7:30pm*	<b>Yost</b> 5:30-7:30pm*	<b>Yost</b> 5:30-7:30pm	<b>Yost</b> 5:30-7:30pm*	<b>Yost</b> 5:30-7:30pm*	<b>Yost</b> 8:00-10:00am	
<b>Junior</b>	<b>Ballard</b> 4:15-5:25pm <b>Klahaya</b> 4:30-6:00pm 6:00-7:30pm <b>Queen Anne</b> 4:00-5:25pm <b>Rainier Beach</b> 4:30-5:30pm	<b>Ballard</b> 4:00-5:25pm <b>Klahaya</b> 4:30-6:00pm 6:00-7:30pm <b>Queen Anne</b> 4:00-5:25pm <b>Rainier Beach</b> 4:30-5:30pm <b>Evans</b> 7:45-9:00pm	<b>Ballard</b> 3:30-4:55pm <b>Klahaya</b> 4:30-6:00pm 6:00-7:30pm <b>Queen Anne</b> 4:00-5:25pm <b>Rainier Beach</b> 4:30-5:30pm	<b>Ballard</b> 4:00-5:25pm <b>Klahaya</b> 4:30-6:00pm 6:00-7:30pm <b>Queen Anne</b> 4:00-5:25pm <b>Rainier Beach</b> 4:30-5:30pm <b>Evans</b> 7:45-9:00pm	<b>Ballard</b> 4:15-5:25pm <b>Klahaya</b> 4:30-6:00pm 6:00-7:30pm <b>Queen Anne</b> 4:00-5:25pm	<b>Madison</b> 10:00-11:30am <b>Rainier Beach</b> 7:30-9:00am	*While QA is closed the Ballard and QA Juniors swim at Evans pool Tue and Thu 7:45 to 9pm  *Klahaya Juniors please attend only 1 of the practices
<b>Navy</b>	<b>Ballard</b> 4:15-5:25pm <b>Klahaya</b> 4:30-5:45pm 6:00-7:15pm <b>Queen Anne</b> 4:00-5:25pm <b>Rainier Beach</b> 4:30-5:30pm	<b>Ballard</b> 4:00-5:25pm <b>Klahaya</b> 4:30-5:45pm 6:00-7:15pm <b>Queen Anne</b> 4:00-5:25pm <b>Rainier Beach</b> 4:30-5:30pm	<b>Ballard</b> 3:30-4:55pm <b>Klahaya</b> 4:30-5:45pm 6:00-7:15pm <b>Queen Anne</b> 4:00-5:25pm <b>Rainier Beach</b> 4:30-5:30pm	<b>Ballard</b> 4:00-5:25pm <b>Klahaya</b> 4:30-5:45pm 6:00-7:15pm <b>Queen Anne</b> 4:00-5:25pm <b>Rainier Beach</b> 4:30-5:30pm	<b>Ballard</b> 4:15-5:25pm <b>Klahaya</b> 4:30-5:45pm 6:00-7:15pm <b>Queen Anne</b> 4:00-5:25pm	<b>Madison</b> 10:00-11:30am <b>Rainier Beach</b> 7:30-8:30am	*Klahaya Navys please attend only 1 of the practices
<b>Red</b>	<b>Ballard</b> 3:30-4:15 <b>Klahaya</b> 6:00-6:45pm 6:45-7:30pm <b>Queen Anne</b> 4:00-4:45 A-L 4:45-5:25 M-Z <b>Rainier Beach</b> 4:30-5:30pm <b>Madison</b> 6:15-7:00pm <b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Ballard</b> 4:00-4:45 A-L 4:45-5:25 M-Z <b>Klahaya</b> 6:00-6:45pm 6:45-7:30pm <b>Queen Anne</b> 4:00-4:45 A-L 4:45-5:25 M-Z <b>Rainier Beach</b> 4:30-5:30pm <b>Madison</b> 6:15-7:00pm <b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Ballard</b> 3:30-4:15 A-L 4:15-4:55 M-Z <b>Klahaya</b> 6:00-6:45pm 6:45-7:30pm <b>Queen Anne</b> 4:00-4:45 A-L 4:45-5:25 M-Z <b>Rainier Beach</b> 4:30-5:30pm <b>Madison</b> 6:15-7:00pm <b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Ballard</b> 4:00-4:45 A-L 4:45-5:25 M-Z <b>Klahaya</b> 6:00-6:45pm 6:45-7:30pm <b>Queen Anne</b> 4:00-4:45 A-L 4:45-5:25 M-Z <b>Rainier Beach</b> 4:30-5:30pm <b>Madison</b> 6:15-7:00pm <b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Ballard</b> 3:30-4:15 <b>Klahaya</b> 6:00-6:45pm 6:45-7:30pm <b>Queen Anne</b> 4:00-4:45 A-L 4:45-5:25 M-Z <b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Rainier Beach</b> 7:30-8:30am	
<b>Intro</b>	<b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Yost</b> 6:00-6:45pm 6:45-7:30pm	<b>Yost</b> 6:00-6:45pm 6:45-7:30pm		
<b>Masters</b>	<b>Yost</b> 6:30-7:30am 7:30-8:30am	<b>Yost</b> 6:30-7:30am 7:30-8:30am	<b>Yost</b> 6:30-7:30am 7:30-8:30am	<b>Yost</b> 6:30-7:30am 7:30-8:30am	<b>Yost</b> 6:30-7:30am 7:30-8:30am	<b>Yost</b> 7:00-8:00am	