

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
Senior Performance	Yost 4:00-6:00pm	Yost 4:00-6:45pm*	Klahaya 5:30-7:00am Yost 3:30-5:30pm	Yost 4:00-6:45pm*	Klahaya 5:30-7:00am Yost 4:00-6:00pm	Klahaya 8:00-10:00am*	Yost is closed week of 1/5
Senior	Madison 4:30-6:15pm Rainier Beach 4:30-6:00pm	Madison 4:30-6:15pm Rainier Beach 4:30-6:00pm	Madison 4:30-6:15pm Rainier Beach 4:30-6:00pm	Madison 4:30-6:15pm Rainier Beach 4:30-6:00pm	Madison 4:30-6:00pm	Madison 8:00-10:30am* Rainier Beach 7:30-9:00am	
Junior Performance	Yost 5:30-7:30pm*	Yost 5:30-7:30pm*	Yost 5:30-7:30pm	Yost 5:30-7:30pm*	Yost 5:30-7:30pm*	Yost 8:00-10:00am	Yost is closed week of 1/5
Junior	Ballard 4:15-5:25pm Klahaya 4:30-6:00pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:25pm Klahaya 4:30-6:00pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Ballard 3:30-4:55pm Klahaya 4:30-6:00pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:25pm Klahaya 4:30-6:00pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Ballard 4:15-5:25pm Klahaya 4:30-6:00pm Queen Anne 4:00-5:25pm	Madison 10:00-11:30am Rainier Beach 7:30-9:00am	*While QA is closed the Ballard and QA Juniors swim at Evans pool Tue and Thu 7:45 to 9pm
Navy	Ballard 4:15-5:25pm Klahaya 6:00-7:15pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:25pm Klahaya 6:00-7:15pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Ballard 3:30-4:55pm Klahaya 6:00-7:15pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Ballard 4:00-5:25pm Klahaya 6:00-7:15pm Queen Anne 4:00-5:25pm Rainier Beach 4:30-5:30pm	Ballard 4:15-5:25pm Klahaya 6:00-7:15pm Queen Anne 4:00-5:25pm	Madison 10:00-11:30am Rainier Beach 7:30-8:30am	
Red	Ballard 3:30-4:15 Klahaya 6:00-6:45pm 6:45-7:30pm Queen Anne 4:00-4:45 A-L 4:45-5:25 M-Z Rainier Beach 4:30-5:30pm Madison 6:15-7:00pm	Ballard 4:00-4:45 A-L 4:45-5:25 M-Z Klahaya 6:00-6:45pm 6:45-7:30pm Queen Anne 4:00-4:45 A-L 4:45-5:25 M-Z Rainier Beach 4:30-5:30pm Madison 6:15-7:00pm	Ballard 3:30-4:15 A-L 4:15-4:55 M-Z Klahaya 6:00-6:45pm 6:45-7:30pm Queen Anne 4:00-4:45 A-L 4:45-5:25 M-Z Rainier Beach 4:30-5:30pm Madison 6:15-7:00pm	Ballard 4:00-4:45 A-L 4:45-5:25 M-Z Klahaya 6:00-6:45pm 6:45-7:30pm Queen Anne 4:00-4:45 A-L 4:45-5:25 M-Z Rainier Beach 4:30-5:30pm Madison 6:15-7:00pm	Ballard 3:30-4:15 Klahaya 6:00-6:45pm 6:45-7:30pm Queen Anne 4:00-4:45 A-L 4:45-5:25 M-Z	Rainier Beach 7:30-8:30am	
Intro	Yost 6:00-6:45pm 6:45-7:30pm	Yost 6:00-6:45pm 6:45-7:30pm	Yost 6:00-6:45pm 6:45-7:30pm	Yost 6:00-6:45pm 6:45-7:30pm	Yost 6:00-6:45pm 6:45-7:30pm		Yost is closed week of 1/5
Masters	Yost 6:30-7:30am 7:30-8:30am	Yost 6:30-7:30am 7:30-8:30am	Yost 6:30-7:30am 7:30-8:30am	Yost 6:30-7:30am 7:30-8:30am	Yost 6:30-7:30am 7:30-8:30am	Yost 7:00-8:00am	Yost is closed week of 1/5