



BLUE WAVE SWIM TEAM

2025-26 SC Practice Schedule

This practice schedule is provided as a guide for practice times. This is subject to change slightly during the season due to various reasons. An up to date schedule will always be available online and communicated via e-mail to registered families

BREAKERS / BREAKERS +

Breakers = Two (2) practices Breakers + = Three (3) Practices

	Option 1	Option 2
Monday	3:15-4:15pm	
Tuesday		4:15-5:15pm
Wednesday	3:15-4:15pm	
Thursday		4:15-5:15pm
BREAKERS + ONLY		
Saturday	8:30-9:30am	

CREST

Tuesday	6:45pm-7:30pm
Thursday	6:45pm-7:30pm

TIDE 1

Tuesday	5:15-6:45pm
Thursday	5:15-6:45pm
Friday	5:15-6:45pm
Saturday	7:00-8:30am

HIGH SCHOOL MONSOON

Monday	7:00-8:00am
Tuesday	7:00-8:00am
Wednesday	7:00-8:00am
Thursday	7:00-8:00am

TYPHOONS / TYPHOONS +

Typhoons = Three (3) practices Typhoons + = Four (4) Practices

	Option 2	Option 1
Monday	4:15-5:15pm	
Tuesday		3:15-4:15pm
Wednesday	4:15-5:15pm	
Thursday		3:15-4:15pm
Friday	4:15-5:15pm	3:15-4:15pm
Typhoons + ONLY		
Saturday	7:00-8:30am	

CREST+

Monday	7:30pm-8:30pm
Tuesday	7:30pm-8:30pm
Wednesday	7:30pm-8:30pm
Thursday	7:30pm-8:30pm

TIDE 2

Monday	5:15-7:15pm
Wednesday	5:15-7:15pm
Friday	5:30-7:00am
Saturday	5:00-7:00am

RIP TIDE / RIP TIDE +

Rip Tide = Four (4) practices Rip Tide + = Six (6) Practices

Monday	5:00-7:00am
Tuesday	5:00-7:00am
Wednesday	5:00-7:00am
Thursday	5:00-7:00am
Friday	5:00-7:00am
Saturday	5:00-7:00am