

2025-2026 Short Course Practice Schedule:

Skills Group

- Monday & Wednesday (5:30pm-6:30pm)

Grey Group

- Monday, Wednesday, Friday (5:30pm - 6:30pm)
- Saturday (7:30am-8:30am)

Black Group

- Monday & Wednesday (5:30pm-6:30pm - **Dryland; 6:30pm-8pm Pool)
- Tues & Thursday (5:30pm-7:30pm)
- Saturday (7am-9am)

Red Group

- Monday & Wednesday (5:30pm-6:30pm - **Dryland; 6:30pm-8pm Pool)
- Tues & Thursday (5:30pm-7:30pm)
- Friday (5:30pm-7pm)
- Saturday (7am-9am)