

2025 Practice Schedule for Swimming (first 2 weeks of the season)

Monday, November 17

- Varsity 3:15-6:15 p.m. (includes dryland/lift)
- JV 3:15-5:30 p.m. (includes dryland/lift)
- Diving 3:15-5:00 p.m. @ West HS

Tuesday, November 18

- Varsity 3:15-6:00 p.m.
- JV 3:15-5:00 p.m.
- Diving 3:15-5:00 p.m. @ West HS

Wednesday, November 19

- Varsity 3:15-6:15 p.m. (includes dryland/lift)
- JV 3:15-5:30 p.m. (includes dryland/lift)
- Diving 3:15-5:00 p.m. @ West HS

Thursday, November 20

- Varsity 3:15-6:00 p.m.
- JV 3:15-5:00 p.m.
- Diving 3:15-5:00 p.m. @ West HS

Friday, November 21

- Varsity 5:30-6:30 a.m. AND 3:15-4:30 p.m. (dryland/lift)
- JV – NO PRACTICE
- Diving – NO PRACTICE

Saturday, November 22

- Express hosting a meet at Waukesha South. Practice time TBA for all groups

Sunday, November 23

- NO PRACTICE

Monday, November 24

- Varsity 5:30-6:30 a.m. (swim); AND 3:15-6:15 p.m. (includes dryland/lift)
- JV 3:15-5:30 p.m. (includes dryland/lift)
- Diving 3:15-5:00 p.m.

Tuesday, November 25

- Varsity 5:30-6:30 a.m. AND 3:15-6:00 p.m.
- JV 3:15-5:00 p.m.
- Diving 3:15-5:00 p.m.

PARENT MEETING 6:15 PM

Wednesday, November 26

- Varsity 7:00-10:00 a.m. (includes dryland/lift)
- JV 7:00-9:00 a.m.
- Diving TBA

Thursday, November 27

- NO PRACTICE – HAPPY THANKSGIVING!!

Friday, November 28

- Varsity 2:00-4:00 p.m.
- JV 2:00-4:00 p.m.
- Diving TBA

Saturday, November 29

- Varsity 7:00-10:00 a.m. (includes dryland/lift)
- JV 7:30-9:30 a.m.

Sunday, November 30

- NO PRACTICE

