



2025

June Practice Schedule Monday, June 2nd thru Friday, June 27th

Please note: No PM practice on June 4th for swim-a-thon and June 13th for team pictures.

Masters schedule normal on June 4th and 4-5pm only on June 13th.

Regular AM practices on both days for all groups.

Schedules are subject to change as necessary for the team. You will be notified if there is any change to this schedule.

Piranhas Practice at Elk Grove Aquatic Center Monday-Friday

Morning Practice

Time	Age Group
<i>Competition Pool and Teaching Pool</i>	
5:45-6:45 am	9/10's and 11/12's
5:45-7:30 am	13/14's and 15-18's (invited 10-12's)
6-6:45 am	6u and 7/8's

Afternoon Practice

Time	Age Group
<i>Competition Pool</i>	
4-4:45 pm	6u & 7/8's
4-5:00 pm	Invited 8's, 9/10's & 11/12's
4-5:30 pm	13/14's & 15-18's (invited 10-12's)
4:45-5:30 pm	6u & 7/8's
5:30-6:15 pm	6u & 7/8's
5:15-6:15 pm	Invited 8's, 9/10's & 11/12's
6-7:30 pm	Invited 10's, 11/12's, 13/14's, & 15-18's

Please reach out to Coach Brenda for any questions.

All practices are open. Swimmers may attend any workout within their age group. May switch times as needed as long as it is their age group.

Please see a coach if the time your child is scheduled to practice does not work for your schedule. Do not assume it is ok to go to another workout. We have set the schedule based on the number of participants in the different age groups. Some of our age groups are quite large. If we can accommodate the change we will. Sometimes it is not in the best interest of the child, if the age group you so desire to change them to is too advanced or too easy.