

Rose Bowl Aquatics

2025-2026 PRACTICE SCHEDULE (August 25, 2025 - May 31, 2026)

Practice times subject to change

SENIOR DIVISION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL	AM	OFF	OFF	Swim 5:15-7:30am	OFF	Swim 5:15-7:30am	Swim 7:15-9:30am Dryland 9:30-10:30am
	PM	Swim 3:15-5:00pm Dryland 5:00-6:00pm	Swim 3:15-5:30pm Dryland 5:30-6:30pm	Swim 3:15-5:00pm	Swim 3:15-5:00pm Dryland 5:00-6:00pm	OFF	
SENIOR 3	AM	OFF	Swim 5:15-7:30am	OFF	Swim 5:15-7:30am	OFF	Dryland 8:00-9:00am Swim 9:00-11:00am
	PM	Dryland 3:30-4:30pm Swim 4:30-5:45pm	Swim 3:15-4:45pm	Swim 3:15-5:00pm Dryland 5:00-6:00pm	OFF	Swim 3:15-4:45 Dryland 4:45-5:45pm	
SENIOR 2	AM	OFF	OFF	OFF	Swim 5:15-7:30am	OFF	Swim 5:15-7:30am Dryland 7:30-8:30am
	PM	Swim 5:30-7:00pm	Dryland 4:15-5:15 Swim 5:15-7:00pm	Dryland 4:00-5:00pm Swim 5:00-6:15pm	OFF	Swim 3:15-5:00pm Dryland 5:00-6:00pm	
SENIOR 1	AM	OFF	OFF	Swim 5:15-7:30am	OFF	OFF	Swim 5:15-7:00am Dryland 7:00-8:00am
	PM	Swim 3:15-4:30pm Dryland 4:30-5:30pm	Swim 4:30-5:45pm	OFF	Dryland 4:45-5:45pm Swim 5:45-7:00pm	Swim 3:15-4:30pm	
13-14 DIVISION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13-14 GOLD	AM	Swim 5:15-7:30am	OFF	OFF	OFF	OFF	Swim 8:45-11:00am Dryland 11:00-12:00pm
	PM	OFF	Dryland 4:45-5:45pm Swim 5:45-7:00pm	Swim 5:30-7:00pm	Dryland 3:45-4:45pm Swim 4:45-6:00pm	Swim 5:00-7:00pm	
13-14 SILVER	AM	Swim 5:15-7:30am	OFF	OFF	OFF	OFF	Dryland 8:45-9:30am Swim 9:30-11:00am
	PM	OFF	Dryland 5:15-6:00pm Swim 6:00-7:00pm	Swim 5:45-7:00pm	Dryland 5:00-6:00pm Swim 6:00-7:00pm	Swim 5:30-7:00pm	
13-14 BRONZE		Swim 3:15-4:45pm Dryland 4:45-5:45pm	OFF	Swim 3:15-4:30pm Dryland 4:30-5:15pm	Swim 3:15-4:45pm	Swim 4:30-5:45pm	Swim 7:15-8:45am Dryland 8:45-9:30am
13&O RED		Swim 5:45-7:00pm	Swim 5:45-7:00pm	OFF	Swim 5:45-7:00pm	OFF	Swim 11:00am-12:30pm
11-12 DIVISION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11-12 GOLD		Swim 4:30-6:00pm	Swim 4:30-5:45pm Dryland 5:45-6:30pm	Swim 4:15-5:45pm	Dryland 3:45-4:30pm Swim 4:30-5:45pm	Swim 4:15-6:00pm	Dryland 7:30-8:15am Swim 8:15-9:45am
11-12 SILVER		Dryland 4:15-5:00pm Swim 5:00-6:00pm	Swim 5:30-7:00pm	Swim 3:15-4:30pm	Swim 3:15-4:30pm	Dryland 3:45-4:30pm Swim 4:30-5:30pm	Dryland 6:45-7:30am Swim 7:30-9:00am
11-12 BRONZE		Swim 5:45-7:00pm	Swim 3:15-4:45pm Dryland 4:45-5:30pm	Swim 4:45-6:00pm Dryland 6:00-6:30pm	Dryland 4:15-5:00pm Swim 5:00-6:00pm	Swim 5:15-6:30pm	OFF
11-12 RED		Swim 5:45-7:00pm	OFF	Swim 6:00-7:00pm	OFF	Swim 5:45-7:00pm	Swim 11:00am-12:30pm
10&U DIVISION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10&U GOLD		Swim 3:15-4:45pm	Swim 3:15-4:30pm	Dryland 4:15-4:45pm Swim 4:45-5:45pm	Swim 5:45-7:00pm	Swim 3:15-4:30pm Dryland 4:30-5:00pm	Swim 6:45-8:15am Dryland 8:15-8:45am
10&U SILVER		Swim 5:45-7:00pm	Dryland 4:30-5:00pm Swim 5:00-6:00pm	OFF	Swim 3:15-4:30pm Dryland 4:30-5:00pm	Swim 5:45-7:00pm	Dryland 9:15-9:45am Swim 9:45-11:00am
10&U BRONZE		Swim 3:15-4:30pm	Swim 3:15-4:30pm Dryland 4:30-5:00pm	OFF	Swim 3:15-4:30pm Dryland 4:30-5:00pm	Swim 3:15-4:30pm	OFF
10&U RED		OFF	Swim 5:45-7:00pm	Swim 5:45-7:00pm	Swim 5:45-7:00pm	Swim 5:45-7:00pm	OFF