

PRACTICE SCHEDULE 2025-2026



Winter Times – Beginning October 27, 2025

Afternoon – Monday thru Thursday - Friday Practices end at 5:30pm

Sharks - 4:00pm – 6:00pm

Dolphins - 4:30pm – 6:00pm

Otters - 4:30pm – 5:30pm

Mornings – Saturday –

Sharks - 8:00am – 10:00am

Dolphins - 8:30am – 10:00am

Otters – 9:00am - 10:00am

NO PRACTICE DATES:

October 29, 2025 – HS Regional Meet

November 7, 2025 – HS State Meet

November 15, 2025 – PA Winter Invite (Meet Day)

****Practice Schedule during Thanksgiving & Christmas Break – TBD****

Summer Times – Beginning June 1, 2026

Mornings – Monday thru Saturday Mornings

Sharks & Dolphins - 7:00am – 9:00am

Otters – 8:00am - 9:00am

Afternoon – Monday thru Thursday – No Practices on Friday Nights!

Sharks/Dolphins - 6:00pm - 7:30pm

Otter - 6:00pm – 7:00pm

NO PRACTICE DATES:

****TBD****

PRACTICE GROUPS

Otters = Novice/elementary

Dolphins = Age-group/elementary & middle school

Sharks = Seniors/high School*

*** Dates subject to change, please check the team web site for changes.**

**** SCST will NOT hold practices on days of swim meets. We encourage our swimmers to participate in the meet if they are not out of town.**

Revised 10/19/2025 5:19