

2025-2026 WINTER TRAINING SCHEDULE

JOHNSON CITY SITE

Day	Date	SENIOR	HIGH SCHOOL	PRE-SENIOR	SILVER	BLUE	GREEN
Wednesday	12/17/2025	Weights 5-6 AM SIGN UP Swim 3:05 - 5:05 PM	Weights 5-6 AM SIGN UP Swim 3:05 - 5:05 PM	Swim 6:05 - 7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM
Thursday	12/18/2025	Swim 5:00-6:00 AM SIGN UP Swim 3:05-5:05 PM	Swim 5:00-6:00 AM SIGN UP Swim 3:05-5:05 PM	Swim 6:05 - 7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	MTh 4:00-5:00 PM MTH 6:05-7:05 PM
Friday	12/19/2025	Weights 5-6 AM SIGN UP Swim 3:05 - 5:05 PM	Weights 5-6 AM SIGN UP Swim 3:05 - 5:05 PM	Swim 6:05-7:35 PM	Swim 6:05-7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM
Saturday	12/20/2025	Swim 7:00-10:00 AM	Swim 7:00-10:00 AM #	Swim 7:00-10:00 AM	OFF	OFF	OFF
Sunday	12/21/2025	OFF	OFF	OFF	OFF	OFF	OFF
Monday	12/22/2025	Swim 7:00-10:00 AM Swim 3:05-5:05 PM	Swim 7:00-10:00 AM # Swim 3:05-5:05 PM #	Swim 6:05-7:35 PM	Swim 6:05-7:35 PM	Swim 5:05 - 6:05 PM	MTh 4:00-5:00 PM MTH 6:05-7:05 PM
Tuesday	12/23/2025	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM EVERYONE Swim 3:05 - 5:05 PM	GROUP A Weights 5:30-6:30 AM # Swim 7:00 - 8:30 AM # GROUP B Weights 7:00 - 8:00 AM # Swim 8:30 - 10:00 AM # EVERYONE Swim 3:05 - 5:05 PM #	Swim 6:05-7:35 PM	Swim 6:05-7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM
Wednesday	12/24/2025	Swim 7:00-10:00 AM	Swim 7:00-10:00 AM #	Swim 7:00-10:00 AM #	OFF	OFF	OFF
Thursday	12/25/2025	OFF	OFF	OFF	OFF	OFF	OFF
Friday	12/26/2025	AM - OFF Swim 3:05 - 5:05 PM	AM - OFF Swim 3:05 - 5:05 PM #	AM - OFF Swim 6:05-7:35	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	All Green 4:00-5:00PM All Green 6:05-7:05PM
Saturday	12/27/2025	Swim 7:00-10:00 AM	Swim 7:00-10:00 AM	Swim 7:00-10:00 AM	OFF	OFF	OFF
Sunday	12/28/2025	OFF	OFF	OFF	OFF	OFF	OFF
Monday	12/29/2025	Swim 7:00-10:00 AM Swim 3:05-5:05 PM	Swim 7:00-10:00 AM Swim 3:05-5:05 PM	Swim 6:05-7:35 PM	Swim 6:05-7:35 PM	Swim 5:05 - 6:05 PM	MTH 4:00-5:00 PM MTH 6:05-7:05 PM
Tuesday	12/30/2025	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM EVERYONE Swim 3:05 - 5:05 PM	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM EVERYONE Swim 3:05 - 5:05 PM	Swim 6:05-7:35	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM
Wednesday	12/31/2025	Swim 7:00-10:00 AM	Swim 7:00-10:00 AM	Swim 7:00-10:00 AM	OFF	OFF	OFF
Thursday	1/1/2026	OFF	OFF	OFF	OFF	OFF	OFF
Friday	1/2/2026	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM EVERYONE Swim 3:05 - 5:05 PM	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM EVERYONE Swim 3:05 - 5:05 PM	Swim 6:05-7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	All Green 4:00-5:00PM All Green 6:05-7:05PM
Saturday	1/3/2026	Swim 7:00-10:00 AM	Swim 7:00-10:00 AM	Swim 7:00-10:00 AM	OFF	OFF	OFF
Sunday	1/4/2026	OFF	OFF	OFF	OFF	OFF	OFF
Monday	1/5/2026	Swim 7:00-10:00 AM PM - OFF	Swim 7:00-10:00 AM PM - OFF	Swim 6:05-7:35	Swim 6:05-7:35	Swim 5:05 - 6:05 PM	MTh 4:00-5:00 PM MTH 6:05-7:05 PM
Tuesday	1/6/2025	Swim 5:00-7:00 AM PM: Meet - Senior Night!	Swim 5:00-7:00 AM PM: Meet - Senior Night!	OFF	OFF	OFF	OFF

NOTES

1. WINTER TRAINING officially begins on **December 19**

2. **Stripper Practice** will be on **Tuesday, 12/30 for SR, PS, HS, Silver & Blue afternoon practice groups.**

SR, HS, PS - Bring Tshirt, Shorts
Sweatpants, Sweatshirt & Shoes to swim in
Silver & Blue bring Tshirt, Shorts, Sweatshirt & Sweat-pants to swim in

3. **FREE T-SHIRT** to all who attend ALL of their group's required practices from 12/19 thru 1/6. (Note that Dec 26 practice absence will not count against you.)

4. **# = Optional practice** for HS swimmers. It does not affect the BSC training plan.

5. When there are 2 practices scheduled in a day, the plan is to do both of them!

Groups A & B are determined by different criteria that may change by the day! Check the list posted at the pool and on the website to know what group you are in. Those doing weights will lift before your scheduled A or B swim practice