

Fall 2025 Schedule - Starting September 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lightning (<i>Required</i> 6 practice per week)	5:30 – 7:00 AM 4:15 – 6:00 PM	4:00 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:00 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	6:00 – 8:00 AM
Senior 1 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM OR 4:15 – 6:00 PM	6:00 – 8:00 AM
Senior 2 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM OR 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM OR 4:15 – 6:00 PM	4:15 – 6:00 PM	4:15 – 6:00 PM	6:00 – 8:00 AM
Pre – Senior (Recommended 2-4 practice per week)	4:30 – 6:00 PM	4:30 – 6:00 PM	OFF	4:30 – 6:00 PM	4:30 – 6:00 PM	Additional Saturday Clinics to be announced
Firebolts 1 (Recommended 4 -5 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	6:30 – 8:00 AM
Firebolts 2 (Recommended 3-4 practice per week)	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	3:30 – 4:45PM	Additional Saturday Clinics to be announced
Firebolts 3 (Recommended 2-4 practice per week)	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	Additional Saturday Clinics to be announced
Sparks 1 (Recommended 2-4 practice per week)	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
Sparks 2 (Recommended 2-3 practice per week)	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF

- Please reach out to coach Phoebe if you are new or are unsure which practice group your swimmer is in.
- In order to manage group size please attend the scheduled practices for your group.
- Don't hesitate to contact us with questions or concerns. Our number one goal is to provide a safe environment for each swimmer to progress and achieve their goals. ~ Coach Phoebe voltageaquatics@gmail.com