



2025-26 Short Course Season - Tentative Site Schedules

All practices include activation, swimming, and dryland (where applicable) times.

All Site Practices are subject to change regarding time and locations based on facility availability, weather, and health and safety regulations.

MONTOUR SITE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SENIOR DIVISION						
4:30-7p w/ DRY	4:30-7p w/ DRY	4:45-7p	4:30-7p w/ DRY	4:45-7p	7:30-10:30a w/ DRY	
JUNIOR DIVISION						
5-7:30p w/ DRY	5-7:30p w/ DRY	5:15-7:30p	5-7:30p w/ DRY	5:15-7:30p	8-10:15a	
AGE GROUP DIVISION						
6:15-8p	6-8p w/ DRY	6:15-8p	6-8p w/ DRY	6:15-8p		
NOVICE DIVISION						
5-6p		5-6p		5-6p		



MOON SITE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SENIOR DIVISION						
4:30-7p w/ <i>DRY</i>	4:30-7p w/ <i>DRY</i>	4:45-7p	4:30-7p w/ <i>DRY</i>	4:45-7p	7:30-10:30a w/ <i>DRY</i>	
JUNIOR DIVISION						
5:30-8p w/ <i>DRY</i>	5:30-8p w/ <i>DRY</i>	5:45-8p	5:30-8p w/ <i>DRY</i>	5:45-8p	8-10:15a	
AGE GROUP DIVISION						
6:15-8p	6-8p w/ <i>DRY</i>	6:15-8p	6-8p w/ <i>DRY</i>	6:15-8p		
NOVICE DIVISION						
5-6p		5-6p		5-6p		



SOUTH FAYETTE SITE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SENIOR DIVISION						
5:30-6:50a	5:30-6:50a		5:30-6:50a		7:30-10:30a w/ DRY	
2:30-5p w/ DRY <u>or</u>	2:30-5p w/ DRY <u>or</u>	2:30-5p <u>or</u>	2:30-5p w/ DRY <u>or</u>	2:30-5p <u>or</u>		
4:30-7p w/ DRY	4:30-7p w/ DRY	4:45-7p	4:30-7p w/ DRY	4:45-7p		
JUNIOR DIVISION						
4:30-7p w/ DRY	4:30-7p w/ DRY	4:45-7p	4:30-7p w/ DRY	4:45-7p	8-10:15a	
AGE GROUP DIVISION						
6:15-8p	6-8p w/ DRY	6:15-8p	6-8p w/ DRY	6:15-8p		
NOVICE DIVISION						
6-7p		6-7p		6-7p		