

DECEMBER 2025

TWST Practice Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3		5	6
	NAT NP/PB 4-6pm PG/PW 4-5:45pm Gulf Champs Groups 5:45-7pm Fall Champs Groups 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	NAT NP/PB 4-6pm PG/PW 4-5:45pm Gulf Champs Groups 5:45-7pm Fall Champs Groups 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	NAT NP/PB 4-6pm PG/PW 4-5:45pm Gulf Champs Groups 5:45-7pm Fall Champs Groups 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	GULF SOUTHERN SR CHAMPS @ TWST SAWMILL PG/PW 3:30-5pm CG 5-6pm CB 6-7pm FORESTGATE Foundations ??? 4:30-6:15pm SC/CW 6:15-7:15pm	GULF SOUTHERN SR CHAMPS @ TWST GULF Age Group Champs @ AGS SAWMILL PG/PW 3:30-5pm CG 5-6pm CB 6-7:15pm FORESTGATE Foundations 4:30-6pm SC/CW 6-7pm	GULF SOUTHERN SR CHAMPS @ TWST Age Group Champs @ AGS Practice Pools / Groups TBA
7	8	9	10	11	12	13
GULF SOUTHERN SR CHAMPS @ TWST Age Group Champs @ AGS	NAT NP/PB 4-6pm PG/PW 4-5:45pm CB 5:45-7:15pm CG/SC 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	NAT B/O 5:15pm PG 3:30-5:15pm (DL 3:30-3:50) SAWMILL PW 3:30-5:15pm CB 5:15-6:45pm Gators 7-8pm FORESTGATE NP/PB 3:30-5:30pm CG 5:30-6:30pm SC/CW 6:30-7:30pm FOUNDATIONS OFF!	NAT NP/PB 4-6pm PG/PW 4-5:45pm CB 5:45-7:15pm CG/SC 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	NAT NP/PB 4-6pm PG/PW 4-5:45pm CB 5:45-7:15pm CG/SC 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	GULF SR Champs @ TBA NAT NP/PB 4-6pm PG/PW 4-5:45pm CB 5:45-7:15pm CG/SC 5:45-7pm CW 6-7pm FORESTGATE Foundations 4:30-6:30pm	GULF SR Champs @ TBA NAT B/O Outdoor Pools / Groups TBA
14	15	16	17	18	19	20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GULF SR Champs @ TBA	SNEAKY SNOWMAN WEEK! NAT NP/PB 4-6pm PG/PW 4-5:45pm Fall Champs Groups 5:45-7pm Non Fall Champs Groups 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	SNEAKY SNOWMAN WEEK! NAT NP/PB 4-6pm PG/PW 4-5:45pm Fall Champs Groups 5:45-7pm Non Fall Champs Groups 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	SNEAKY SNOWMAN WEEK! NAT NP/PB 4-6pm PG/PW 4-5:45pm Fall Champs Groups 5:45-7pm Non Fall Champs Groups 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	SNEAKY SNOWMAN WEEK! NAT NP/PB 4-6pm PG/PW 4-5:45pm Fall Champs Groups 5:45-7pm Non Fall Champs Groups 5:45-7pm CW 6-7pm Gators 7:15-8:15pm FORESTGATE Foundations 4:15-7pm	GULF Fall Champs @ TBA NAT NP/PB 4-6pm PG/PW 4-5:45pm CB 5:45-7:15pm CG/SC 5:45-7pm CW 6-7pm FORESTGATE Foundations 4:30-6:30pm	GULF Fall Champs @ TBA NAT NP/PB/PG/PW 7-9am SC/CB/CG 9-10:30am
21	22	23	24	25	26	27
GULF Fall Champs @ TBA	NAT Nat/PB 6-8am PW/PG 6:30-8am SC/CB/CG/CW 10-11:30am Foundations 10am-noon SAWMILL Nat/PB 2-4pm PW 4-5:30pm FORESTGATE PG 2-3:30pm	NAT Nat/PB 6-8am PW/PG 6:30-8am SC/CB/CG/CW 10-11:30am Foundations 10am-noon SAWMILL Nat/PB 2-4pm PW 4-5:30pm FORESTGATE PG 2-3:30pm	TWST Family Ice Skating at Woodlands Rink 7:30-9:30am	No practice-all groups OFF!	No practice-all groups OFF!	No practice-all groups OFF!
28	29	30	31	1	2	3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>Practices resume for all groups!</i></p> <p>NAT</p> <p><i>Nat/PB 6-8am</i></p> <p><i>PW/PG 6:30-8am</i></p> <p><i>SC/CB/CG/CW</i></p> <p><i>10-11:30am</i></p> <p><i>Foundations 10am-noon</i></p> <p>SAWMILL</p> <p><i>Nat/PB 2-4pm</i></p> <p><i>PW 4-5:30pm</i></p> <p>FORESTGATE</p> <p><i>PG 2-3pm</i></p>	<p>NAT</p> <p>Nat/PB 6-8am</p> <p>PW/PG 6:30-8am</p> <p>SC/CB/CG/CW</p> <p>10-11:30am</p> <p>Foundations 10am-noon</p> <p>SAWMILL</p> <p>Nat/PB 2-4pm</p> <p>PW 4-5:30pm</p> <p>FORESTGATE</p> <p>PG 2-3:30pm</p>	<p>NAT B/O</p> <p>Outdoor pools / Groups TBA</p>	<p>Happy New Year!</p>		