## 2025 Thanksgiving Holiday Practice Schedule

\*\*Subject to change. Coaches will communicate any changes or additions to this schedule\*\*

| Practice Group        | Wednesday, Nov. 26                 | Thursday, Nov. 27        | Friday, Nov. 28                    | Saturday, Nov. 29           | Sunday, Nov. 30         |
|-----------------------|------------------------------------|--------------------------|------------------------------------|-----------------------------|-------------------------|
| Novice Bronze         | 10:30 - 11:30am @ Gayton [Pool 1]  | OFF                      | 10:30 - 11:30am @ Gayton [Pool 1]  | OFF                         | OFF                     |
| Novice Silver         | 10:00 - 11:00am @ Gayton [Pool 1]  | OFF                      | 10:00 - 11:00am @ Gayton [Pool 1]  | OFF                         | OFF                     |
| Novice Gold           | 10:30 - 11:30am @ Gayton [Pool 2]  | OFF                      | 10:30 - 11:30am @ Gayton [Pool 2]  | OFF                         | OFF                     |
| Age Group Dev. Bronze | 10:00 - 11:15am @ Regency          | OFF                      | 10:00 - 11:15am @ Regency          | OFF                         | OFF                     |
| Age Group Dev. Silver | 10:00 - 11:30am @ Regency          | OFF                      | 10:00 - 11:30am @ Regency          | OFF                         | OFF                     |
| Age Group Dev. Gold   | 10:00 - 11:30am @ Regency          | OFF                      | 10:00 - 11:30am @ Regency          | 10:00 - 11:30am @ Regency   | OFF                     |
| Age Group Bronze      | 11:30am - 1:00pm @ Gayton [Pool 2] | OFF                      | 11:30am - 1:00pm @ Gayton [Pool 2] | OFF                         | OFF                     |
| Age Group Silver      | 12:00 - 1:45pm @ Regency           | OFF                      | 12:00 - 1:45pm @ Regency           | 10:00 - 11:45am @ Regency   | OFF                     |
| Age Group Gold        | 11:30am - 1:30pm @ Regency         | OFF                      | 11:30am - 1:30pm @ Regency         | 10:00am - 12:00pm @ Regency | OFF                     |
| Senior Dev. Bronze    | 8:00 - 9:45am @ Regency            | OFF                      | 8:00 - 9:45am @ Regency            | 8:00 - 9:45am @ Regency     | OFF                     |
| Senior Dev. Silver    | 8:00 - 10:00am @ Regency           | OFF                      | 8:00 - 10:00am @ Regency           | 8:00 - 10:00am @ Regency    | 4:00 - 5:30pm @ Regency |
| Senior Dev. Gold      | 8:00 - 10:00am @ Regency           | 8:00 - 10:00am @ Regency | 8:00 - 10:00am @ Regency           | OFF                         | 4:00 - 6:00pm @ Regency |
| Senior Bronze         | 8:00 - 10:00am @ Regency           | OFF                      | 8:00 - 10:00am @ Regency           | 8:00 - 10:00am @ Regency    | OFF                     |
| Senior Silver         | 6:00 - 8:00am @ Regency            | 6:00 - 8:00am @ Regency  | 6:00 - 8:00am @ Regency            | 6:00 - 8:00am @ Regency     | OFF                     |
| Senior Gold           | 6:00 - 8:00am @ Regency            | 6:00 - 8:00am @ Regency  | 6:00 - 8:00am @ Regency            | 6:00 - 8:00am @ Regency     | OFF                     |
| National              | 6:00 - 8:00am @ Regency            | 6:00 - 8:00am @ Regency  | 6:00 - 8:00am @ Regency            | 6:00 - 8:00am @ Regency     | OFF                     |
| Double                | 3:30 - 5:00pm @ Regency            | OFF                      | 3:30 - 5:00pm @ Regency            | OFF                         | OFF                     |
| Masters I             | 6:00 - 7:30am @ Gayton             | OFF                      | 6:00 - 7:30am @ Gayton             | OFF                         | OFF                     |
| Masters II            | 8:30 - 9:45am @ Gayton             | OFF                      | 8:30 - 9:45am @ Gayton             | OFF                         | OFF                     |
| College Swimmers      | 6:00 - 7:30am @ Gayton             | OFF                      | 6:00 - 7:30am @ Gayton             | OFF                         | OFF                     |
|                       | 8:30 - 9:45am @ Gayton             | OFF                      | 8:30 - 9:45am @ Gayton             | OFF                         | OFF                     |

