

PX3 Practice Schedule F/W 2025-2026

Start Date TBD

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barracuda	4:45p - 5:45p	4:45p - 5:45p	4:45p - 5:45p	4:45p - 5:45p	OFF	OFF
Red	4:45p - 6:00p	4:45p - 6:00p	4:45p - 6:00p	4:45p - 6:00p	4:45p - 5:45p	OFF
White	6:00p - 7:30p	6:00p - 7:30p	6:00p - 7:30p	6:00p - 7:30p	4:45p – 6:15p	OFF
Blue	6:00p - 7:45p	6:00p - 7:45p	6:00p - 7:45p	6:00p - 7:45p	4:45p – 6:30p 6:45-7:45p dl	7:00-9:00a Subject to change
Senior	4:45p-6:30p swim 6:45-7:45p dl/lift	5:15a - 6:30a 4:45p - 7:00p	4:45 - 6:30p swim 6:45-7:45p dl/lift	5:15a - 6:30a 4:45p - 7:00p	4:45p – 6:30p swim 6:45-7:45p dl/lift	7:00-9:15a Subject to change
National	4:45p-6:30p swim 6:45-7:45p dl/lift	5:15a - 6:30a 4:45p - 7:00p	4:45 - 6:30p swim 6:45-7:45p dl/lift	5:15a - 6:30a 4:45p - 7:00p	4:45p – 6:30p swim 6:45-7:45p dl/lift	7:00-9:15a Subject to change