

|                                                                 |        |                  |                                                                                                                        |
|-----------------------------------------------------------------|--------|------------------|------------------------------------------------------------------------------------------------------------------------|
| <b>WAUKESHA EXPRESS SWIM TEAM</b>                               |        |                  |                                                                                                                        |
| <b>Fall 2025 Practice Schedule</b>                              |        |                  |                                                                                                                        |
| <b>All practices at Waukesha South (unless otherwise noted)</b> |        |                  |                                                                                                                        |
|                                                                 |        |                  |                                                                                                                        |
|                                                                 |        |                  |                                                                                                                        |
| <b>Super 8's</b>                                                | M/W/Th | 6:00 - 7:00 PM   |                                                                                                                        |
|                                                                 | S      | 9:30 - 10:30 AM  |                                                                                                                        |
|                                                                 |        |                  |                                                                                                                        |
| <b>AG White</b>                                                 | M      | 6:00 - 7:00 PM   |                                                                                                                        |
|                                                                 | T      | 5:30 - 6:30 PM   |                                                                                                                        |
|                                                                 | Th     | 6:00 - 7:00 PM   |                                                                                                                        |
|                                                                 | S      | 9:30 - 10:30 AM  |                                                                                                                        |
|                                                                 |        |                  |                                                                                                                        |
| <b>AG Black</b>                                                 | M      | 7:00 - 8:30 PM   |                                                                                                                        |
|                                                                 | T      | 6:30 - 8:00 PM   |                                                                                                                        |
|                                                                 | W      | 5:30 - 7:00 PM   |                                                                                                                        |
|                                                                 | Th     | 7:00 - 8:00 PM   | Skills Night                                                                                                           |
|                                                                 | F      | 6:00 - 7:30 PM   |                                                                                                                        |
|                                                                 | S      | 10:30 - 12:00 PM |                                                                                                                        |
|                                                                 |        |                  |                                                                                                                        |
| <b>AG Performance</b>                                           | M      | 7:00 - 8:30 PM   |                                                                                                                        |
|                                                                 | T      | 6:30 - 8:00 PM   | Dryland 6:00 - 6:30 PM                                                                                                 |
|                                                                 | W      | 6:30 - 8:00 PM   |                                                                                                                        |
|                                                                 | Th     | 7:00 - 8:00 PM   | Skills Night                                                                                                           |
|                                                                 | F      | 6:00 - 7:30 PM   |                                                                                                                        |
|                                                                 | S      | 10:30 - 12:00 PM |                                                                                                                        |
|                                                                 |        |                  |                                                                                                                        |
| <b>MS/HS</b>                                                    | M/W    | 7:00 - 8:00 PM   |                                                                                                                        |
|                                                                 |        |                  |                                                                                                                        |
| <b>Senior White</b>                                             | M/F    | 5:30 - 7:00 PM   |                                                                                                                        |
|                                                                 | W      | 5:00 - 7:00 PM   | Dryland: 5:00 - 5:25 PM                                                                                                |
|                                                                 | S      | 8:15 - 10:30 AM  | Dryland: 8:15 - 8:50 AM                                                                                                |
|                                                                 |        |                  |                                                                                                                        |
| <b>Senior Black</b>                                             | M/T/Th | 5:00 - 7:00 PM   | Sign up for dryland coming: Swimmers will choose M/W or T/Th 4:15 - 4:50 PM for small group instruction in weight room |
|                                                                 | W      | 5:00 - 6:30 PM   |                                                                                                                        |
|                                                                 | F      | 4:30 - 6:00 PM   |                                                                                                                        |
|                                                                 | S      | 8:15 - 10:30 AM  | Dryland: 8:15 - 8:50 AM                                                                                                |
|                                                                 | M/W/F  | 5:30 - 6:30 AM   |                                                                                                                        |
|                                                                 |        |                  |                                                                                                                        |

|               |       |                 |                         |
|---------------|-------|-----------------|-------------------------|
| National Team | M/W   | 3:30 - 6:30 PM  | Dryland: 5:30 - 6:30 PM |
|               | T/Th  | 3:30 - 6:00 PM  | Dryland: 5:30 - 6:00 PM |
|               | F     | 3:30 - 5:30 PM  |                         |
|               | S     | 7:00 - 10:00 AM | Dryland: 9 - 10 AM      |
|               | M/W/F | 5:30 - 6:30 AM  |                         |