



PRACTICE SCHEDULE

SEPTEMBER 2026



SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 W 6:30-8:00PM C 7:00-8:00PM	22 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM C 7:00-8:00PM	23 W 7:00-8:30PM	24 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM C 7:00-8:00PM	25 C 7:00-8:00PM	26
27	28 W 6:30-8:00PM C 7:00-8:00PM	29 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM C 7:00-8:00PM	30 W 7:00-8:30PM	1 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM	2	3



REMINDERS FOR PARENTS & ATHLETES



Do not arrive more than 10 minutes early for practice and parents should remain on-site until a coach resumes responsibility.



Practice times and locations vary so please check the schedule regularly.



Swimmers cannot exceed the scheduled amount of practices per week they are registered for.



Please contact a coach with questions relating to practice groups.



The pool deck is closed to parents and spectators.



Please respect all facility safety rules including speeding limits and parking regulations.



Please supervise your children at all times.



PRACTICE SCHEDULE

OCTOBER 2026



SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
	6:30-8:00PM 7:00-8:00PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM	7:00-8:30PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM		
4	5	6	7	8	9	10
	6:30-8:00PM 7:00-8:00PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM	7:00-8:30PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM	7:00-8:00PM	
11	12	13	14	15	16	17
	6:30-8:00PM 7:00-8:00PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM	7:00-8:30PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM	7:00-8:00PM	
18	19	20	21	22	23	24
	6:30-8:00PM 7:00-8:00PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM	7:00-8:30PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM		
25	26	27	28	29	30	31
	6:30-8:00PM 7:00-8:00PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM	7:00-8:30PM	5:00-6:00PM 6:30-7:30PM 6:30-8:00PM 7:00-8:00PM	7:00-8:00PM	



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PRACTICE SCHEDULE

NOVEMBER 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 W 6:30-8:00PM Q 7:00-8:00PM	3 T 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	4 T 7:00-8:30PM	5 T 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	6 F 7:00-8:00PM	7
8	9 W 6:30-8:00PM Q 7:00-8:00PM	10 T 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	11	12 T 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	13 F 7:00-8:00PM	14
15	16 W 6:30-8:00PM Q 7:00-8:00PM	17 T 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	18 T 7:00-8:30PM	19 T 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	20	21
22	23 W 6:30-8:00PM	24 T 6:30-7:30PM W 6:30-8:00PM	25	26	27	28
29	30 W 6:30-8:00PM Q 7:00-8:00PM					



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PRACTICE SCHEDULE

DECEMBER 2026



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
	W 6:30-8:00PM A 7:00-8:00PM	A 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM	A 7:00-8:30PM	A 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM A 7:00-8:00PM	A 7:00-8:00PM	
6	7	8	9	10	11	12
	W 6:30-8:00PM A 7:00-8:00PM	A 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM A 7:00-8:00PM	A 7:00-8:30PM	A 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM A 7:00-8:00PM	A 7:00-8:00PM	
13	14	15	16	17	18	19
	W 6:30-8:00PM A 7:00-8:30PM	A 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM	A 7:00-8:30PM	A 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM	A 5:30-7:00PM	
20	21	22	23	24	25	26
	W 6:30-8:00PM A 7:00-8:30PM	A 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM	A 7:00-8:30PM		CHRISTMAS	
27	28	29	30	31		
	W 6:30-8:00PM A 7:00-8:30PM	A 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM	A 7:00-8:30PM			



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PRACTICE SCHEDULE

JANUARY 2027



SUN	MON	TUE	WED	THU	FRI	SAT
					1 NEW YEAR'S DAY	2
3	4 W 6:30-8:00PM RA 7:00-8:00PM	5 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM RA 7:00-8:00PM	6 W 7:00-8:30PM	7 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM RA 7:00-8:00PM	8	9
10	11 W 6:30-8:00PM RA 7:00-8:00PM	12 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM RA 7:00-8:00PM	13 W 7:00-8:30PM	14 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM RA 7:00-8:00PM	15	16
17	18 W 6:30-8:00PM RA 7:00-8:00PM	19 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM RA 7:00-8:00PM	20 W 7:00-8:30PM	21 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM RA 7:00-8:00PM	22 RA 7:00-8:00PM	23
24	25 W 6:30-8:00PM RA 7:00-8:00PM	26 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM RA 7:00-8:00PM	27 W 7:00-8:30PM	28 W 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM RA 7:00-8:00PM	29 RA 7:00-8:00PM	30



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FEBRUARY 2027



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31	1 W 6:30-8:00PM Q 7:00-8:00PM	2 Y 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	3 Y 7:00-8:30PM	4 Y 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	5 Q 7:00-8:00PM	6
8	9 W 6:30-8:00PM Q 7:00-8:00PM	10 Y 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	11 Y 7:00-8:30PM	12 Y 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	13 Q 7:00-8:00PM	13
14	15 W 6:30-8:00PM Q 7:00-8:00PM	16 Y 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	17 Y 7:00-8:30PM	18 Y 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	19 Q 7:00-8:00PM	20
21	22 W 6:30-8:00PM Q 7:00-8:00PM	23 Y 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	24 Y 7:00-8:30PM	25 Y 5:00-6:00PM W 6:30-7:30PM W 6:30-8:00PM Q 7:00-8:00PM	26 Q 7:00-8:00PM	27



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