



2025/26 Late Fall & Winter Practice Schedule

TRAINING SQUAD	FREQUENCY	DAY(S)	TIME
Bronze	Offered 3x/week Recommended 2x/week	Mon, Wed, Fri	4:00-4:45 PM
Silver	Offered 3x/week Recommended 2-3x/week	Mon, Wed, Fri	4:00-5:00 PM
Gold	Offered 5x/week Recommended 4-5x/week	Mon - Fri	6:00-7:30 PM
Senior Prep	Offered 6x/week Recommended 4-6x/week	Mon, Wed, Fri Tues & Thurs Sat	5:00-6:30 PM 4:30-6:30 PM 8:00-10:00 AM
B-Team	Offered 9x/week Recommended 3-9x/week	Mon, Wed, Fri Mon, Wed, Fri Tues & Thurs Sat	6:00-7:30 AM 4:45-7:00 PM 4:30-7:00 PM 8:00-10:30 AM
MASTERS	Offered 6x/week	Mon-Fri Sat	6:00-7:00 AM 7:00 -8:00 AM

All practices at East Side Aquatics Center

Practice times and locations are subject to change. You can find the latest updates in your weekly newsletter. Some practices may be canceled or rescheduled due to conflicts with high school events. Refunds are not available for canceled or rescheduled practices.