

SLST · 2026–2027 Weekly Practice Schedule

Competition Team · Crescent City Christian School · Aug 17, 2026 – May 28, 2027

Seniors / Jr+

Juniors

Prep / Prep+

Little Waves

Morning practice

MONDAY

**Senior A + select
Senior B**
3:45–6:30 pm

Little Waves
4:50–5:30 pm

**Prep, Prep+ &
Juniors**
5:15–6:30 pm
*dryland 5:15–5:30 · Jr split
by pacing*

**Juniors, Jr+ & select
Senior B**
6:15–8:00 pm
*S&C 6:15–6:30 · split by
pacing and pool space*

TUESDAY

Juniors & Prep+
4:00–5:30 pm

Little Waves
4:50–5:30 pm

Senior A
5:15–7:00 pm

Senior B
6:45–8:30 pm
+ Junior Plus

WEDNESDAY

**AM 5:20–7:00 ·
Seniors & Juniors
(Sep 23–Feb 1)**

Senior Girls
3:45–6:30 pm
*swim 3:45–5:30 · cond
5:30–6:30*

Senior Boys
5:30–8:15 pm
*cond 5:30–6:30 · swim
6:30–8:15*

Little Waves
4:50–5:30 pm

Prep & Prep+
5:30–6:30 pm

THURSDAY

Juniors
4:00–5:45 pm
cond 5:30–5:45

Little Waves
4:50–5:30 pm

Senior B
5:15–7:00 pm

Senior A
6:45–8:30 pm

FRIDAY

**AM 5:20–7:00 select ·
Seniors & Juniors
(esp. Jan 8–29)**

Juniors + Jr+
4:00–5:30 pm

Seniors
4:45–7:30 pm
*S&C 4:45–5:30 · swim
5:30–7:30*

SATURDAY

Seniors + Jr+
7:00–8:45 am
swim 7:00–8:45

Juniors + Prep+
8:30–10:00 am

Little Waves & Prep
10:00–11:00 am

Regular schedule begins Mon Aug 17 (week of Aug 12: modified start-back). **Seniors train boys/girls SPLIT all season from Aug 12.** **Note:** during HS season some Wednesdays may be combined (boys & girls) for weekly meets — families notified the week of.

Little Waves attend any 2 of Mon–Thu (4:50–5:30) and may add Saturday with Prep. **Prep Plus** swims Tuesdays only, with Juniors. **Junior Plus** swims Tuesdays only, with Senior B.

Weekends. Some weekends Seniors & Juniors swim Sunday afternoon in lieu of Saturday morning — families notified at least 2 weeks in advance. **Mornings:** Wed 5:20–7:00 (Sep 23–Feb 1); select Fri 5:20–7:00 (esp. Jan 8–29).