Winter 2026-27 – Starting Nov 23, 2026 - Feb 20, 2027

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lightning (*Required* 6 practice per week)	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	6:00 – 8:00 AM
Senior 1 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM **OR** 4:15 – 6:00 PM	6:00 – 8:00 AM
Senior 2 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM **OR** 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 5:30 PM Dryland 5:30-6P	4:15 – 6:00 PM	4:15 – 6:00 PM	6:00 – 8:00 AM
Pre – Senior (Recommended 2-4 practice per week)	4:30 – 5:30 PM Dryland 5:30-6P	4:30 – 6:00 PM	OFF	4:30– 6:00 PM	4:30 – 6:00 PM	OFF
Firebolts 1 (Recommended 4 -5 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	6:30 – 8:00 AM
Firebolts 2 (Recommended 3-4 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45PM	3:30 – 4:45PM	OFF
Firebolts 3 (Recommended 2-4 practice per week)	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
Sparks 1 (Recommended 2-4 practice per week)	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
Sparks 2 (Recommended 2-3 practice per week)	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF

V O L T A G E A Q U A T I C S

1. If you are unsure of your swimmers practice group, please reach out to Coach Liz @ voltageaquaitcs@gmail.com
2. Our number one goal is to keep swimmers progressing in an age appropriate fun environment, please reach out if you have any issues with group schedules.
3. Lightening, Senior 1, and Senior 2 evening practices have warmup exercises from 4:15-4:30pm. Swimmers are expected to come on time to get through these exercises and be ready to get in the water at 4:30pm.
4. Due to limited space, we ask that you stick to the schedule. Please DO NOT send your child to practice if their group is not scheduled for that day without prior coaches consent.
5. Please pick up your swimmers promptly after practice. It is unsafe and inappropriate to leave young children unattended for an extended period of time at the pool as our coaching staff (and the pool staff) are not responsible for them after practice.

We have a new website so please use this link voltageaquatics.captyn.com for all info, team registration, meet entries, & communication from now on. Please be patient as we switch over as we hope this switch will benefit the team in the long run.

UPCOMING IMPORTANT DATES:

- [ ] No deep end time for Sparks 1&2 and Firebolt 1&2: Nov. 23, 25, 27, Dec. 21, 23, 28, 30, Jan. 1 due to pool scheduling.
- [ ] No practice on Thanksgiving(11/26) and Black Friday **morning**(11/27). Regular practice in the afternoon on Nov. 27th & Sat morning Nov. 28th.
- [ ] Starting on Mon. Nov. 30th until Feb. 15th our PreSenior group will swim from 4:30-5:30pm and then do dryland exercises on deck until 6pm every Monday except on Mon. Dec. 21st where they will swim the entire practice. All other practices will be as usual.
- [ ] Starting on Wed. Dec. 2nd until Feb. 17th our Senior 2 group will swim from 4:30-5:30pm and may do dryland exercises on deck until 6pm every Wednesday except on Wed. Dec. 23rd where they will swim the entire practice. All other practices will be as usual.
- [ ] HOLIDAY CLASSIC swim meet on Saturday Dec. 12th here in Idaho Falls! Deadline for signups is Dec 1st. No morning practice that day.
- [ ] BY CANDY CANE INVITATIONAL Dec 19&20 at Boise Y. The deadline for signups is Dec 6th.
- [ ] No practice December 24-26th. Pool Closed. Merry Christmas!!
- [ ] **Survivor Week!** December 28-Jan 2nd. This is a challenging week for our Lightning & Senior 1&2 groups to push themselves to become stronger, better, faster.
- [ ] WASHINGTON OPEN for our senior groups that qualify for this meet. It is on Jan 14-17, 2027 in Federal Way, WA. The first deadline is Nov 22nd. The second deadline is Dec 20th but does not guarantee a spot.
- [ ] TSUNAMI POLAR BEAR meet in Bountiful, UT on Jan 22-23. Great travel meet for all ages.
- [ ] SRS WINTER CHAMPS at Boise YMCA Feb 12-14th. This meet has qualifying time standards so make it a goal now to qualify for this meet.