

WILMINGTON Holiday Practice Schedule: 12/21/25 - 1/2/26

*****All Practices At DCC Pool - Dryland Times INCLUDED*****

Last Revised: 12/18/2025

Senior Elite Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	11:00 AM - 2:00 PM
Tuesday 12/23	12:00 PM - 2:00 PM
Wednesday 12/24	9:30 AM - 11:30 AM
Thursday 12/25	NO PRACTICE
Friday 12/26	10:00 AM - 12:00 PM
Saturday 12/27	7:00 AM - 10:00 AM
Sunday 12/28	9:00 AM - 11:00 AM
Monday 12/29	11:00 AM - 2:00 PM
Tuesday 12/30	12:00 PM - 2:00 PM
Wednesday 12/31	10:00 AM - 12:30 PM
Thursday 1/1	NO PRACTICE
Friday 1/2	10:00 AM - 12:00 PM
Saturday 1/3	NO PRACTICE - AAC Meet

WILM - Senior Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	12:00 PM - 2:00 PM
Tuesday 12/23	12:00 PM - 2:00 PM
Wednesday 12/24	9:30 AM - 11:30 AM
Thursday 12/25	NO PRACTICE
Friday 12/26	10:00 AM - 12:00 PM
Saturday 12/27	7:00 AM - 9:00 AM
Sunday 12/28	9:00 AM - 11:00 AM
Monday 12/29	12:00 PM - 2:00 PM
Tuesday 12/30	12:00 PM - 2:00 PM
Wednesday 12/31	10:00 AM - 12:30 PM
Thursday 1/1	NO PRACTICE
Friday 1/2	10:00 AM - 12:00 PM
Saturday 1/3	NO PRACTICE - AAC Meet

WILM - Junior Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	6:00 PM - 7:45 PM
Tuesday 12/23	4:00 PM - 5:45 PM
Wednesday 12/24	10:00 AM - 11:30 AM
Thursday 12/25	NO PRACTICE
Friday 12/26	12:00 PM - 1:45 PM
Saturday 12/27	11:00 AM - 12:15 PM
Sunday 12/28	NO PRACTICE
Monday 12/29	6:00 PM - 7:45 PM
Tuesday 12/30	4:00 PM - 5:45 PM
Wednesday 12/31	NO PRACTICE
Thursday 1/1	NO PRACTICE
Friday 1/2	12:00 PM - 1:45 PM
Saturday 1/3	Resume Normal Schedule

WILM - Gold Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	6:15 PM - 7:45 PM
Tuesday 12/23	4:00 PM - 5:30 PM
Wednesday 12/24	11:15 AM - 12:30 PM
Thursday 12/25	NO PRACTICE
Friday 12/26	12:00 PM - 1:30 PM
Saturday 12/27	11:00 AM - 12:15 PM
Sunday 12/28	NO PRACTICE
Monday 12/29	6:15 PM - 7:45 PM
Tuesday 12/30	4:00 PM - 5:30 PM
Wednesday 12/31	NO PRACTICE
Thursday 1/1	NO PRACTICE
Friday 1/2	12:00 PM - 1:30 PM
Saturday 1/3	Resume Normal Schedule

WILM - Silver Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	5:00 PM - 6:15 PM
Tuesday 12/23	NO PRACTICE
Wednesday 12/24	11:15 AM - 12:30 PM
Thursday 12/25	NO PRACTICE
Friday 12/26	5:00 PM - 6:15 PM
Saturday 12/27	NO PRACTICE
Sunday 12/28	11:00 AM - 12:15 PM
Monday 12/29	5:00 PM - 6:15 PM
Tuesday 12/30	NO PRACTICE
Wednesday 12/31	NO PRACTICE
Thursday 1/1	NO PRACTICE
Friday 1/2	5:00 PM - 6:15 PM
Saturday 1/3	Resume Normal Schedule

WILM - Bronze Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	5:00 PM - 6:00 PM
Tuesday 12/23	NO PRACTICE
Wednesday 12/24	11:15 AM - 12:30 PM
Thursday 12/25	NO PRACTICE
Friday 12/26	5:00 PM - 6:00 PM
Saturday 12/27	NO PRACTICE
Sunday 12/28	11:00 AM - 12:00 PM
Monday 12/29	5:00 PM - 6:00 PM
Tuesday 12/30	NO PRACTICE
Wednesday 12/31	NO PRACTICE
Thursday 1/1	NO PRACTICE
Friday 1/2	5:00 PM - 6:00 PM
Saturday 1/3	Resume Normal Schedule

MIDDLETOWN Holiday Practice Schedule: 12/21/25 - 1/2/26

*****All Practices At STAS Pool - Dryland Times INCLUDED*****

Last Revised: 12/18/2025

MIDD - Senior Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	5:15 PM - 7:00 PM
Tuesday 12/23	5:15 PM - 7:00 PM
Wednesday 12/24	9:15 AM - 11:00 AM
Thursday 12/25	NO PRACTICE
Friday 12/26	NO PRACTICE
Saturday 12/27	8:00 AM - 9:45 AM
Sunday 12/28	NO PRACTICE
Monday 12/29	5:15 PM - 7:00 PM
Tuesday 12/30	5:15 PM - 7:00 PM
Wednesday 12/31	9:15 AM - 11:00 AM
Thursday 1/1	NO PRACTICE
Friday 1/2	NO PRACTICE
Saturday 1/3	Normal Practice Schedule

MIDD - Junior Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	5:15 PM - 7:00 PM
Tuesday 12/23	5:15 PM - 7:00 PM
Wednesday 12/24	9:15 AM - 11:00 AM
Thursday 12/25	NO PRACTICE
Friday 12/26	NO PRACTICE
Saturday 12/27	8:00 AM - 9:45 AM
Sunday 12/28	NO PRACTICE
Monday 12/29	5:15 PM - 7:00 PM
Tuesday 12/30	5:15 PM - 7:00 PM
Wednesday 12/31	9:15 AM - 11:00 AM
Thursday 1/1	NO PRACTICE
Friday 1/2	NO PRACTICE
Saturday 1/3	Normal Practice Schedule

MIDD - Gold Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	5:00 PM - 6:30 PM
Tuesday 12/23	5:00 PM - 6:30 PM
Wednesday 12/24	9:00 - 10:30 AM
Thursday 12/25	NO PRACTICE
Friday 12/26	NO PRACTICE
Saturday 12/27	8:00 AM - 9:30 AM
Sunday 12/28	NO PRACTICE
Monday 12/29	5:00 PM - 6:30 PM
Tuesday 12/30	5:00 PM - 6:30 PM
Wednesday 12/31	9:00 - 10:30 AM
Thursday 1/1	NO PRACTICE
Friday 1/2	NO PRACTICE
Saturday 1/3	Resume Normal Schedule

MIDD - Silver Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	5:00 PM - 6:15 PM
Tuesday 12/23	5:00 PM - 6:15 PM
Wednesday 12/24	9:00 - 10:15 AM
Thursday 12/25	NO PRACTICE
Friday 12/26	NO PRACTICE
Saturday 12/27	NO PRACTICE
Sunday 12/28	NO PRACTICE
Monday 12/29	5:00 PM - 6:15 PM
Tuesday 12/30	5:00 PM - 6:15 PM
Wednesday 12/31	9:00 - 10:15 AM
Thursday 1/1	NO PRACTICE
Friday 1/2	NO PRACTICE
Saturday 1/3	Resume Normal Schedule

MIDD - Bronze Group	
Saturday 12/20	Normal Practice Schedule
Sunday 12/21	NO PRACTICE
Monday 12/22	5:00 PM - 6:00 PM
Tuesday 12/23	5:00 PM - 6:00 PM
Wednesday 12/24	9:00 - 10:00 AM
Thursday 12/25	NO PRACTICE
Friday 12/26	NO PRACTICE
Saturday 12/27	NO PRACTICE
Sunday 12/28	NO PRACTICE
Monday 12/29	5:00 PM - 6:00 PM
Tuesday 12/30	5:00 PM - 6:00 PM
Wednesday 12/31	9:00 - 10:00 AM
Thursday 1/1	NO PRACTICE
Friday 1/2	NO PRACTICE
Saturday 1/3	Resume Normal Schedule