

DSA - MIDDLETOWN

SHORT COURSE PRACTICE SCHEDULE - **DURING HS SEASON**: Monday November 10th To Saturday February 28th

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR (DRYLAND TIMES INCLUDED)	6:30PM-8:15PM @STAS	6:30PM-8:15PM @STAS	6:30PM-8:15PM @STAS	6:30PM-8:15PM @STAS		8:00AM-9:45AM @STAS	
JUNIOR I & II (DRYLAND TIMES INCLUDED)	6:30PM-8:15PM @STAS	6:30PM-8:15PM @STAS	6:30PM-8:15PM @STAS	6:30PM-8:15PM @STAS		8:00AM-9:45AM @STAS	
GOLD I & II*** (DRYLAND TIMES INCLUDED)	6:15PM-7:45PM @STAS	6:15PM-7:45PM @STAS	6:15PM-7:45PM @STAS	6:15PM-7:45PM @STAS		8:00AM-9:45AM @STAS	
SILVER***	6:15PM-7:30PM @STAS	6:15PM-7:30PM @STAS	6:15PM-7:30PM @STAS	6:15PM-7:30PM @STAS			
BRONZE***	6:15PM-7:15PM @STAS	6:15PM-7:15PM @STAS	6:15PM-7:15PM @STAS	6:15PM-7:15PM @STAS			

Practices at St. Andrews School are subject to school holidays and events. Practice modifications will be communicated in a timely manner.

***Note: Weekday practices shifted slightly during the Delaware HS Swim Season due to availability at St Andrews School

Last Updated: 10/27/2025