

DSA - MIDDLETOWN

SHORT COURSE PRACTICE SCHEDULE - Tuesday September 1st To Friday March 26th

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)	6:45PM-8:15PM @STAS	6:45PM-8:15PM @STAS	6:45PM-8:15PM @STAS	6:45PM-8:15PM @STAS		8:00AM-9:30AM @STAS	
SILVER		5:30PM-6:45PM @STAS	5:30PM-6:45PM @STAS	5:30PM-6:45PM @STAS		8:00AM-9:00AM @STAS	
BRONZE		5:30PM-6:30PM @STAS	5:30PM-6:30PM @STAS	5:30PM-6:30PM @STAS		8:00AM-9:00AM @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 will be adjusted during the Delaware HS Swim Season due to availability at St Andrews School

Last Updated: 7/28/2026