

DSA - WILMINGTON & MIDDLETOWN

SUMMER PRACTICE SCHEDULE - Sunday June 7th To Friday July 24th

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR ELITE (DRYLAND TIMES INCLUDED)	6:00AM-9:00AM @DuPont	7:30AM-10:00AM @UDOP	6:00AM-9:00AM @DuPont	7:30AM-10:00AM @UDOP	6:00AM-8:00AM @DuPont		10AM-11:45AM @UDOP
SENIOR (DRYLAND TIMES INCLUDED)	6:00AM-8:00AM @DuPont	7:30AM-10:00AM @UDOP	6:00AM-8:00AM @DuPont	7:30AM-10:00AM @UDOP	6:00AM-8:00AM @DuPont		10AM-11:45AM @UDOP
JUNIOR - SUMMER (DRYLAND TIMES INCLUDED)	9:00AM-10:45AM @DuPont	8:00AM-9:45AM @UDOP	9:00AM-10:45AM @DuPont	8:00AM-9:45AM @UDOP			10AM-11:45AM @UDOP
GOLD - SUMMER (DRYLAND TIMES INCLUDED)	9:00AM-10:30AM @DuPont	8:00AM-9:30AM @UDOP	9:00AM-10:15AM @DuPont	8:00AM-9:30AM @UDOP			10AM-11:45AM @UDOP

MIDDLETOWN SWIMMERS ONLY have a "Long Course Only" Summer Option where you can attend Tuesday, Thursday, and Sunday practices throughout the summer.

Practice Changes

Friday June 19th and Sunday June 21st: NO Practices Due to NLAC Meet

Sunday July 5th: NO Practices for All Groups

Futures Swimmers will have two additional practices Sunday July 26th and Monday July 27th

Last Updated: 5/1/2026