

SHORT COURSE TRAINING SCHEDULE: 2025-2026

OA SWIMMING

SENIOR ALPHA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming	5:30-7:00 AM (O)	5:30-7:00 AM (O)	5:30-7:00 AM (O)	5:30-7:00 AM (O)	5:30-7:00 AM (O)*	7:00-9:00 AM (O)	
Swimming (1A/1B)	7:00-7:45 AM (O)	7:00-7:45 AM (O)	7:00-7:45 AM (O)	7:00-7:45 AM (O)	7:50-9:30 AM (O)*		
Xtraining (1A/1B)	7:45-8:25AM (O)	7:45-8:25AM (O)	7:45-8:25AM (O)	7:45-8:25AM (O)	7:00-7:50 AM (O)*		
Swimming	2:15-4:00 PM (O)	2:15-4:00 PM (O)	2:15-4:00 PM (O)	2:15-4:00 PM (O)	2:15-4:00 PM (O)		

*Swimmers on the Olympus High School Team are NOT expected to attend the 5:30AM practice on Fridays when they attend the Olympus High School first period swim team class.

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

SENIOR BETA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming (1A/1B)	7:00-7:45 AM (O)	7:00-7:45 AM (O)	7:00-7:45 AM (O)	7:00-7:45 AM (O)	7:50-9:30 AM (O)		
Xtraining (1A/1B)	7:45-8:25AM (O)	7:45-8:25AM (O)	7:45-8:25AM (O)	7:45-8:25AM (O)	7:00-7:50 AM (O)		
Swimming	2:15-4:00 PM (O)	2:15-4:00 PM (O)	2:15-4:00 PM (O)	2:15-4:00 PM (O)	2:15-4:00 PM (O)	7:00-9:00 AM (O)	

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

SENIOR GAMMA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)		
Swimming	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)		

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

13-14 ALPHA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	3:30-4:00 PM (O)	3:30-4:00 PM (O)	3:30-4:00 PM (O)	3:30-4:00 PM (O)			
Swimming	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	9:00-10:30 AM (O)	

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

13-14 BETA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	5:00-5:30 PM (O)	5:00-5:30 PM (O)	5:00-5:30 PM (O)	5:00-5:30 PM (O)			
Swimming	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	9:00-10:30 AM (O)	

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

13-14 GAMMA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)		
Swimming	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)		

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

11-12 ALPHA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	3:30-4:00 PM (O)	3:30-4:00 PM (O)	3:30-4:00 PM (O)	3:30-4:00 PM (O)			
Swimming	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	9:00-10:30 AM (O)	

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

11-12 BETA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	5:00-5:30 PM (O)	5:00-5:30 PM (O)	5:00-5:30 PM (O)	5:00-5:30 PM (O)			
Swimming	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	9:00-10:30 AM (O)	

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

11-12 GAMMA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)		
Swimming	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)		

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

10&U ALPHA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	3:30-4:00 PM (O)	3:30-4:00 PM (O)	3:30-4:00 PM (O)	3:30-4:00 PM (O)			
Swimming	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	4:00-5:30 PM (O)	9:00-10:30 AM (O)	

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

10&U BETA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	5:00-5:30 PM (O)	5:00-5:30 PM (O)	5:00-5:30 PM (O)	5:00-5:30 PM (O)			
Swimming	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	5:30-6:30 PM (O)	9:00-10:30 AM (O)	

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,

10&U GAMMA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xtraining	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)	4:15-4:30 PM (S)		
Swimming	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)	4:30-5:30 PM (S)		

(O)=Olympus, (S)=Sportsmall, (X)=Steiner,