

March

2026

Week of March 16th, only 1 practice option! March 23rd spring schedule begins!!!

EAJ intro to long course!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615	3 330-415dryland* Gold & Silver: 430-6pm Bronze: 430-545 wave: 430-530	4 Gold & silver: 3--5pm Bronze: 330-445 Wave: 4-5	5 330-415dryland* Gold & Silver: 430-6pm Bronze: 430-545	6 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615 Wave: 4-5	7
8	9 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615	10 330-415dryland* Gold & Silver: 430-6pm Bronze: 430-545 wave: 430-530	11 Gold & silver: 3--5pm Bronze: 330-445 Wave: 4-5	12 330-415dryland* Gold & Silver: 430-6pm Bronze: 430-545	13 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615 Wave: 4-5	14
15 Spring Break practice schedule! No dryland	16 4-530 Tsunami	17 4-530 Tsunami 4-5 Wave	18 Deadline for EAJ meet entries	19 4-530 Tsunami 4-5 wave	20 4-530 Tsunami 4-5 Wave	21
22 New spring schedule begins this week!!!!	23 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615 Wave 4-5pm	24 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	25 Wave 4-5pm Tide: 330-5pm	26 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	27 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615 Tide: 330-5pm	28 EAJ Swim Meet
29 EAJ Swim Meet	30 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615 Wave 4-5pm	31 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm				

April

2026

No practice Easter weekend, Jax 50 sprint meet, top 8 race professional swimmers!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Wave 4-5pm Tide: 330-5pm	2 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	3 No practice or classes	4 No practice
5	6 No practice or classes	7 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	8 Wave 4-5pm Tide: 330-5pm	9 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	10 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615 Tide: 330-5pm	11 Gold & Silver: 8:00-9:30am Bronze: 8-9:15am
12	13	14 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	15 Wave 4-5pm Tide: 330-5pm	16 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	17 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615 Tide: 330-5pm	18 Gold & Silver: 8:00-9:30am Bronze: 8-9:15am
19 WeRise Aquathon	20	21 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	22 Wave 4-5pm Tide: 330-5pm	23 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	24 Tsunami Gold: 3:30-5:30pm Silver: 330-5 or 5-630 Bronze: 330-445 or 5-615 Tide: 330-5pm	25 Jax 50??
26	27	28 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm	29 Wave 4-5pm Tide: 330-5pm	30 330-415dryland* Gold: 430-630 Silver: 430-6pm Bronze: 430-545 wave: 330-430 Tide: 330-5pm		

