

FOXJETS SWIM TEAM

PRACTICE SCHEDULE



SPRING 2026

(APRIL - JUNE 13)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RED 7U	4:45-5:30 PM ISM		4:45-5:30 PM ISM		5:30-6:30 PM EPCC	9:15-10:15 AM EPCC
	GROUP A 6:30-7:15 PM ISM	GROUP B 6:30-7:15 PM ISM	GROUP A 6:30-7:15 PM ISM	GROUP B 6:30-7:15 PM ISM		
WHITE 8-13		7:15-8:15 PM ISM		7:15-8:15 PM ISM	6:30-7:30 PM EPCC	10:15-11:15 AM EPCC
BLUE 8U	5:30-6:30 PM ISM	5:30-6:30 PM ISM		5:30-6:30 PM ISM	5:30-6:30 PM EPCC	9:15-10:15 AM EPCC
AGE GROUP 3 9-13	6:50-7:50 PM OAK POINT		6:50-7:50 PM OAK POINT	5:30-6:30 PM EPCC		11:00-12:00 PM EPCC
AGE GROUP 2 9-13	5:30-6:45 PM EPCC	7:20-8:30 PM EPCC	5:30-6:45 PM EPCC		6:30-7:45 PM EPCC	10:45-12:00 PM EPCC
AGE GROUP 1 11-13	6:45-8:15 PM EPCC	7:20-8:30 PM EPCC	6:45-8:15 PM EPCC	6:30-8:00 PM EPCC		10:30-12:00 PM EPCC
JUNIOR 3 8-10	5:05-7:10 PM EPCC	6:50-8:15 PM OAK POINT		5:45-7:10 PM EPCC	5:20-7:25 PM EPCC	9:00-10:30 AM EPCC
JUNIOR 2 11-14	6:15-8:55 PM EPCC	6:00-7:45 PM EPCC	5:05-7:45 PM EPCC	6:50-8:35 PM OAK POINT	6:00-7:45 PM EPCC	9:00-10:45 AM EPCC
JUNIOR 1 11-14	6:00-8:00 PM EPCC	6:00-8:00 PM EPCC	6:00-8:00 PM EPCC	6:00-8:00 PM EPCC	6:50-8:40 PM OAK POINT	9:00-11:00 AM EPCC
	7:00-8:00 AM EXCEL FIT		7:00-8:00 AM EXCEL FIT			
SENIOR 2 14+	3:45-5:30 PM EPCC	3:45-5:30 PM EPCC	3:45-5:30 PM EPCC	3:45-5:30 PM EPCC	3:45-5:15 PM EPCC	
SENIOR 1 14+	3:45-5:45 PM EPCC	3:45-5:45 PM EPCC	3:45-5:45 PM EPCC	3:45-5:45 PM EPCC	3:45-6:00 PM EPCC	7:00-9:00 AM EPCC
NATIONAL 14+	3:45-6:00 PM EPCC	6:05-7:05 AM OAK POINT	3:45-6:00 PM EPCC	6:05-7:05 AM OAK POINT	3:45-6:00 PM EPCC	7:00-9:00 AM EPCC
		3:45-6:00 PM EPCC		3:45-6:00 PM EPCC		
	6:00-7:00 AM EXCEL FIT				6:00-7:00 AM EXCEL FIT	



ATTITUDE AMBITION INTEGRITY FAMILY

FOXJETS SWIM TEAM

PRACTICE SCHEDULE



SUMMER 2026 (JUNE 15-FINAL MEET)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RED 7U	6:15-7:00 PM ISM	6:15-7:00 PM ISM	6:30-7:15 PM EPCC	6:30-7:15 PM EPCC		
WHITE 8-13	7:00-8:00 PM ISM	7:00-8:00 PM ISM	5:30-6:30 PM EPCC	5:30-6:30 PM EPCC		
BLUE 8U	5:15-6:15 PM ISM	5:15-6:15 PM ISM	6:30-7:30 PM EPCC	6:30-7:30 PM EPCC		
AGE GROUP 3 9-13	5:30-6:30 PM EPCC	5:30-6:30 PM EPCC	5:30-6:30 PM EPCC	5:30-6:30 PM EPCC		
AGE GROUP 2 9-13	6:30-7:45 PM EPCC	6:30-7:45 PM EPCC	6:30-7:45 PM EPCC	6:30-7:45 PM EPCC		
AGE GROUP 1 11-13	6:30-8:00 PM EPCC	6:30-8:00 PM EPCC	6:30-8:00 PM EPCC	6:30-8:00 PM EPCC		
JUNIOR 3 8-10	5:00-6:30 PM EPCC	9:30-11:30 AM RICHFIELD	5:30-6:30 PM EPCC	9:30-11:30 AM RICHFIELD	10:00-11:30 AM EPCC	
		8U ONLY 5:30-6:30 PM EPCC		8U ONLY 5:30-6:30 PM EPCC		
JUNIOR 2 11-14	9:30-11:30 AM RICHFIELD	9:00-11:00 AM OAK POINT	9:30-11:30 AM RICHFIELD	9:00-11:00 AM OAK POINT	9:00-11:30 AM RICHFIELD	
			3:30-5:00 PM OAK POINT			
JUNIOR 1 11-14	9:20-11:30 AM RICHFIELD	9:20-11:30 AM RICHFIELD	9:20-11:30 AM RICHFIELD	9:20-11:30 AM RICHFIELD	9:20-11:30 AM RICHFIELD	
		5:00-6:00 PM EXCEL FIT	3:30-5:00 PM OAK POINT	5:00-6:00 PM EXCEL FIT		
EXCEL FIT NATIONAL & SENIOR	2:00-3:00 PM		2:00-3:00 PM			
SENIOR 2 14+	7:00-9:00 AM OAK POINT	7:00-9:00 AM OAK POINT	7:00-9:00 AM OAK POINT	7:00-9:00 AM OAK POINT	7:00-9:00 AM OAK POINT	
SENIOR 1 14+	8:00-9:45 AM RICHFIELD	7:00-9:00 AM OAK POINT	8:00-9:45 AM RICHFIELD	7:00-9:00 AM OAK POINT	8:00-10:00 AM RICHFIELD	
NATIONAL 14+	8:00-10:00 AM RICHFIELD	8:00-10:00 AM RICHFIELD	8:00-10:00 AM RICHFIELD	8:00-10:00 AM RICHFIELD	8:00-10:00 AM RICHFIELD	
		3:00-4:30 PM OAK POINT		3:00-4:30 PM OAK POINT		



ATTITUDE AMBITION INTEGRITY FAMILY