

WAUKESHA EXPRESS SWIM TEAM			
Fall 2025 Practice Schedule			
Super 8's	M/W/Th	6:00 - 7:00 PM	
	S	9:30 - 10:30 AM	
AG White	M	6:00 - 7:00 PM	
	T	5:30 - 6:30 PM	
	Th	6:00 - 7:00 PM	
	S	9:30 - 10:30 AM	
AG Black	M	7:00 - 8:30 PM	
	T	6:30 - 8:00 PM	
	W	5:30 - 7:00 PM	
	Th	7:00 - 8:00 PM	Skills Night
	F	6:00 - 7:30 PM	
	S	10:30 - 12:00 PM	
AG Performance	M	7:00 - 8:30 PM	
	T	6:30 - 8:00 PM	Dryland 6:00 - 6:30 PM
	W	6:30 - 8:00 PM	
	Th	7:00 - 8:00 PM	Skills Night
	F	6:00 - 7:30 PM	
	S	10:30 - 12:00 PM	
MS/HS	M/W	7:00 - 8:00 PM	
Senior White	M/F	5:30 - 7:00 PM	
	W	5:00 - 7:00 PM	Dryland: 5:00 - 5:25 PM
	S	8:15 - 10:30 AM	Dryland: 8:15 - 8:50 AM
Senior Black	M/T/Th	5:00 - 7:00 PM	Sign up for dryland coming: Swimmers will choose M/W or T/Th 4:15 - 4:50 PM for small group instruction in weight room
	W	5:00 - 6:30 PM	
	F	4:30 - 6:00 PM	
	S	8:15 - 10:30 AM	Dryland: 8:15 - 8:50 AM
	M/W/F	5:30 - 6:30 AM	
National Team	M/W	3:30 - 6:30 PM	Dryland: 5:30 - 6:30 PM
	T/Th	3:30 - 6:00 PM	Dryland: 5:30 - 6:00 PM
	F	3:30 - 5:30 PM	
	S	7:00 - 10:00 AM	Dryland: 9 - 10 AM
	M/W/F	5:30 - 6:30 AM	