

Waukesha Express Swim Team
Practice Schedule
Short Course Season 2026/27
(Through February 18, 2027)

Super 8's M/W/Th 6:00 - 7:00 PM
S 10:00 - 11:00 AM

AG1 M/TH 6:00 - 7:00 PM
T 5:30 - 6:30 PM
S 9:30 - 10:30 AM

AG2 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

AG3 M 7:00 - 8:30 PM
T dryland 6:00 - 6:30 PM
T 6:30 - 8:00 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

Senior 1 M/W/F 5:30 - 7:00 PM
T 5:00 - 7:00 PM, dryland 4:15 - 4:50 PM
S 8:15 - 10:30 AM, dryland 8:15 - 8:50 AM

Senior 2 M 4:15 - 7:00 PM, dryland 4:15 - 4:50 PM
T/Th 5:00 - 7:00 PM
W 4:15 - 6:30 PM, dryland 4:15 - 4:50 PM
F 4:30 - 6:00 PM
S 8:15 - 10:30 AM Saturday, dryland 8:15 - 8:50 AM

Senior 3 M/W 3:30 - 6:00 PM
T/TH 3:30 - 6:30 PM
F 3:30 - 5:30 PM
S 7:00 - 10:00 AM
M/W/F 5:30 - 6:30 AM

Check your email or the schedule on Captyn for practice changes and updates.