

Spring 2026 Practice Schedule

All practices at Waukesha South unless otherwise noted.		
Super 8's	Monday/Tuesday/Thursday	6:00 - 7:00 p.m.
*can attend up to 3 practices/week	Saturday (if no swim meet)	10:00 - 11:00 a.m.
Age Group 1	Monday	5:30 - 6:30 p.m.
*can attend up to 3 practices/week	Tuesday	6:00 - 7:00 p.m.
	Wednesday	5:30 - 6:30 p.m.
	Thursday	6:00 - 7:00 p.m.
Age Group 2	Monday	6:30 - 8:00 p.m.
	Tuesday	7:00 - 8:30 p.m.
	Wednesday	6:30 - 8:00 p.m.
	Thursday SKILLS HOUR	7:00 - 8:00 p.m.
	Friday	5:30 - 7:00 p.m.
	Saturday (if no swim meet)	10:00 - 11:30 a.m.
Age Group 3	Monday/Wednesday	6:30 - 8:00 p.m.
	Wednesday dryland	6:00 - 6:30 p.m.
	Tuesday	7:00 - 8:30 p.m.
	Thursday	6:30 - 8:00 p.m.
	Friday	5:30 - 7:00 p.m.
	Saturdays (if no swim meet)	10:00 - 11:30 a.m.
MS/HS Training Group	Monday/Wednesday	7:00 - 8:00 p.m.
Senior Team 1	Monday/Tuesday/Thursday	5:30 - 7:00 p.m.
	Tuesday dryland	5:00 - 5:25 p.m.
	Saturday (if no swim meet)	7:00 - 9:00 a.m.
	Saturday dryland	9:00 - 9:30 a.m.
Senior Team 2	Monday	4:30 - 6:30 p.m.
	Tuesday	5:00 - 7:00 p.m.
	Tuesday dryland	4:15 - 5:00 p.m.
	Wednesday	5:00 - 6:30 p.m.
	Thursday	4:30 - 6:30 p.m.
	Friday	4:00 - 5:30 p.m.
	Saturday (if no swim meet) includes dryland	7:00 - 10:00 a.m.
Senior Team 3	Monday/Wednesday	3:30 - 6:30 p.m.
	Tuesday/Thursday	3:30 - 5:30 p.m.
	Friday	3:30 - 5:30 p.m.
	Saturday (if no swim meet)	7:00 - 10:00 a.m.
	Monday/Wednesday/Friday	5:30 - 6:30 a.m.