



## **SURGE SUMMER SCHEDULE 2026**

\*Starts May 26th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BRONZE</b>	5-6pm	5-6pm	7:30-9am at LPAC	5-6pm (5-5:30pm Dryland)	5-6pm	OFF
<b>SILVER</b>	5-6:15pm	5-6:15pm	7:30-9am at LPAC	(5-5:30 Dryland) 5:00-6:15pm	5:00-6:15pm	OFF
<b>GOLD</b>	5-6:45pm	7-9am at LPAC (9-9:30am Dryland)	5-6:45pm	7:30-9am at LPAC	7:30-9am at LPAC	7:30-9am
<b>SURGE 2</b>	5-6:45pm	7-9am at LPAC (9-9:30am Dryland)	7-9am at LPAC	5-6:45pm	7-9am at LPAC	7:30-9am
<b>SURGE SPRINT</b>	8:40-9:45am at LPAC	OFF	7-8:15am at LPAC	7-8:15am at LPAC	OFF	OFF
<b>SURGE 1</b>	8-10am at LPAC	7-9am at LPAC (9-9:30am Dryland)	4:30-7pm	7-9am at LPAC and 4:30-6pm at Das Rec	7-9am at LPAC	7-9am
<b>SURGE HP</b>	8-10am at LPAC	7-9am at LPAC and 4:30-6pm at Das Rec	4:30-7pm	7-9am at LPAC and 4:30-6pm at Das Rec	7-9am at LPAC	7-9am

\*\* Dryland with Coach Kelly

LPAC = Landa Park Aquatic Complex

All other practices not at LPAC at Das Rec