



SURGE SUMMER SCHEDULE 2026

*Starts May 26th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	4:30-5:30pm	4:30-5:30pm	7:30-9am at LPAC	4:30-5:30pm (5:30-6pm Dryland)	4:30-5:30pm	OFF
SILVER	5:30-6:30pm	5:30-6:30pm	7:30-9am at LPAC	(5-5:30 Dryland) 5:30-6:30pm	5:30-6:30pm	OFF
GOLD	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
SURGE 2	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
SURGE SPRINT	8-9:15am at LPAC	OFF	7:30-8:45am at LPAC	7:30-8:45am at LPAC	OFF	OFF
SURGE 1	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
SURGE HP	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