UVAC Swim Team Practice Schedule
2026-27 Fall & Winter Season

WHITE RIVER JUNCTION
September 8th - April 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours per Week
Ducks	*OFF*	3:45 - 4:25 PM	*OFF*	3:45 - 4:25 PM	3:45 - 4:25 PM	*OFF*	*OFF*	2 hrs 15 mins
Developmental	4:30 - 5:30 PM	*OFF*	4:30 - 5:30 PM	*OFF*	4:30 - 5:30 PM	10:30 - 11:30 AM	*OFF*	4 hrs
Junior B ***	4:00 - 5:15 PM	*OFF*	4:00 - 5:15 PM	*OFF*	4:00 - 5:15 PM	10:30 - 12 PM	10:30 - 12 PM	6 hrs 45 mins
Junior A ***	4:00 - 5:30 PM	*OFF*	4:00 - 5:30 PM	*OFF*	4:00 - 5:30 PM	10:30 - 12 PM	10:30 - 12 PM	9 hrs
Senior Prep ***	5:30 - 7:15 PM	4:30 - 6:15 PM	5:30 - 7:15 PM	4:30 - 6:15 PM	5:30 - 7:15 PM	8:45 - 10:30 AM	*OFF*	13 hrs 15 mins
Senior B ***	5:30 - 7:00 PM	*OFF*	5:30 - 7:00 PM	4:30 - 6:30 PM	*OFF*	8:30 - 10:30 AM	9:00 - 10:30 AM	11 hrs 15 mins
Senior A ***	4:30 - 6:15 PM	**** 5:30 - 7AM **** 4:30 - 6:15 PM	4:30 - 6:15 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	8:30 - 10:30 AM	9:00 - 10:30 AM	18 hrs

NOT OPTIONAL: * DRYLAND TRAINING (JUNIOR A, SENIOR PREP, SENIOR B, & SENIOR A) *****

Junior A ***	Dryland 5:40 - 6:15 PM (Group X)						Dryland 9:45 - 10:20 AM (Group X)	**Junior A *****
Senior Prep ***	Prehab on Deck 5:15 - 5:30 PM	Dryland 3:45 - 4:20 PM (Small Group Training)	Prehab on Deck 5:15 - 5:30 PM	Dryland 3:45 - 4:20 PM (Small Group Training)		Dryland 8:00 - 8:30 AM (Small Group Training)		**Senior Prep *****
Senior B ***	Dryland 7:10 - 7:45 PM (Fitness Floor)		Dryland 7:10 - 7:45 PM (Fitness Floor)	Prehab on Deck 4:15 - 4:30 PM		Prehab on Deck 8:15 - 8:30 AM	**COMBINED** 8:15 - 8:50 AM (Group X)	**Senior B *****
Senior A ***	Dryland 3:45 - 4:20 PM (Group X)	Prehab on Deck 4:15 - 4:30 PM	Dryland 3:45 - 4:20 PM (Group X)	Prehab on Deck 4:15 - 4:30 PM	Dryland 3:45 - 4:20 PM (Small Group Training)	Prehab on Deck 8:15 - 8:30 AM		**Senior A *****

NEW LONDON
September 8 - May TBD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours Per Week
Developmental	4:30 - 5:15 PM	*OFF*	4:30 - 5:15 PM	4:30 - 5:15 PM	*OFF*	*OFF* ***Optional practice at WRJ***	*OFF*	2 hrs 15 mins
Juniors***	5:15 - 6:30 PM	*OFF*	5:15 - 6:30 PM	5:15 - 6:30 PM	4:30 - 6:00 PM Combo practice with Seniors	*OFF* ***Optional practice at WRJ***	*OFF*	4 hrs 45 mins
Seniors***	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM Combo practice with Juniors	*OFF* ***Optional practice at WRJ***	*OFF*	9 hrs

NOT OPTIONAL: * DRYLAND (JUNIORS & SENIORS) *****

Juniors***	4:45 - 5:15 PM (On Pool Deck)			4:45 - 5:15 PM (On Pool Deck)				
Seniors***	4:00 - 4:30 PM (On Pool Deck)	4:00 - 4:30 PM (On Pool Deck)			4:00 - 4:30 PM (On Pool Deck)			

****** New London/CSC Saturday practices are optional in WRJ ******

CLAREMONT
September 8th to April 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours Per Week
Developmental	4:00 - 4:45 PM	*OFF*	4:00 - 4:45 PM	*OFF*	4:00 - 4:45 PM	*OFF*	*OFF*	2 hrs 15 mins
Juniors***	4:00 - 5:00 PM	*OFF*	4:00 - 5:00 PM	4:00 - 5:00 PM	4:00 - 5:00 PM	*OFF*	*OFF*	4 hrs
Seniors***	5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM	*OFF*	5:00 - 6:00 PM	*OFF*	*OFF*	4 hrs