

2025-2026 Fall-Winter Practice Schedule

Please note subject to change regarding meets/holidays/high school functions/etc.

Developmental

Day	In-Water	Location
Monday	4:15-5:15 PM	The Marsh
Tuesday	4:15-5:15 PM	The Marsh
Wednesday	5:15-6:00 PM	MME
Thursday	4:15-5:15 PM	The Marsh
Friday		
Saturday	12:00-1:00PM	MME

White

Day	Dryland	In-Water	Location
Monday		5:15-6:15 PM	The Marsh
Tuesday		5:15-6:15 PM	The Marsh
Wednesday		5:15-6:00 PM	MME
Thursday		5:15-6:15 PM	The Marsh
Friday			
Saturday		9:15 to 10:15 AM	MMW

Blue

Day	Dryland	In-Water	Location
Monday		4:45-6:00 PM	MMW
Tuesday		4:45-6:00 PM	MMW
Wednesday			
Thursday		4:45-6:00 PM	MMW
Friday		5:15-6:00 PM	MME
Saturday		8:15 to 9:15 AM	MMW

Black

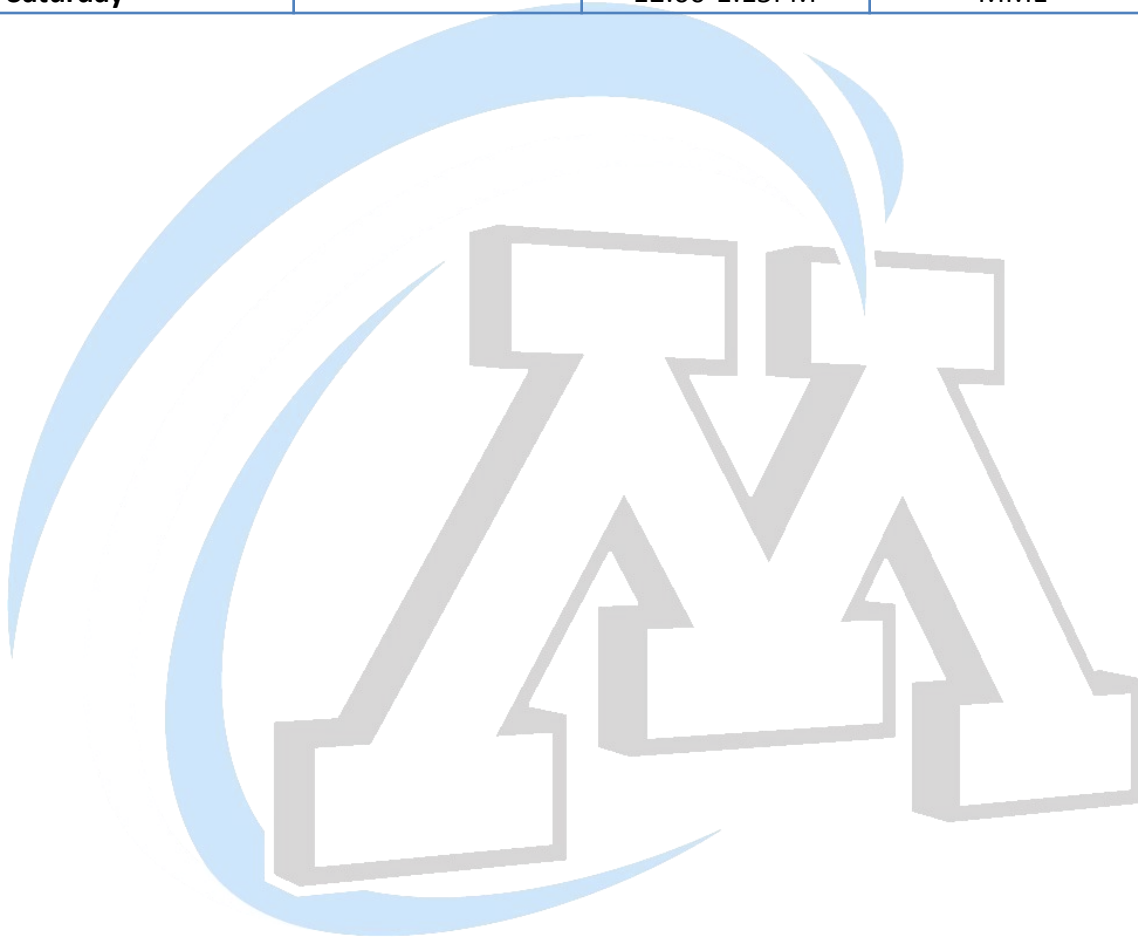
Day	Dryland	In-Water	Location
Monday	5:45-6:00 PM	6:00-7:15 PM	MMW
Tuesday	5:45-6:00 PM	6:00-7:15 PM	MMW
Wednesday		6:00-7:15 PM	MME
Thursday	5:45-6:00 PM	6:00-7:15 PM	MMW
Friday		6:00-7:15 PM	MME
Saturday		7:00-8:15 AM	MMW

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Black Plus

Day	Dryland	In-Water	Location
Monday	7:00-7:15 PM	7:15-8:45 PM	MMW
Tuesday	7:00-7:15 PM	7:15-8:45 PM	MMW
Wednesday		7:15-8:45 PM	MME
Thursday	7:00-7:15 PM	7:15-8:45 PM	MMW
Friday		7:15-8:45 PM	MME
Saturday		12:00-1:15PM	MME



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Junior Prep

Day	Dryland	In-Water	Location
Monday		7:15-8:45 PM	MME
Tuesday		7:15-8:45 PM	MME
Wednesday			
Thursday		7:15-8:45 PM	MME
Friday			
Saturday		10:45-12:00 PM	MME

Junior

Day	Dryland	In-Water	Location
Monday	6:45-7:00 PM	7:00-8:45 PM	MME
Tuesday	6:45-7:00 PM	7:00-8:45 PM	MME
Wednesday		6:45-8:00 AM	MMW
Thursday	6:45-7:00 PM	7:00-8:45 PM	MME
Friday		6:30-8:30 PM	MMW
Saturday		10:45-12:00 PM	MME

Junior Plus - September 18 - October 27

Day	Dryland	In-Water	Location
Monday	6:45-7:00 PM	7:00-8:45 PM	MME
Tuesday	6:45-7:00 PM	7:00-8:45 PM	MME
Wednesday		6:45-8:00 AM	MMW
Thursday	6:45-7:00 PM	7:00-8:45 PM	MME
Friday		6:30-8:30 PM	MMW
Saturday		10:45-12:00 PM	MME

Junior Plus - October 27

Day	Dryland	In-Water	Location
Monday		5:45-7:30 PM	MME
Tuesday		5:45-7:30 PM	MME
Wednesday		6:45-8:00 AM	MMW
Thursday		5:45-7:30 PM	MME
Friday		6:45-8:30 PM	MMW
Saturday		10:45-12:00 PM	MME

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Senior

Day	Dryland	In-Water	Location
Monday		3:15-4:45 PM	MMW
Tuesday		3:15-4:45 PM	MMW
Wednesday	6:20-6:50 PM	7:00-8:45 PM	MME
Thursday		3:10-4:45 PM	MMW
Friday		3:30-5:30 PM**	MMW
Saturday	9:15-9:45 AM	7:00-9:00AM	MME

Senior Plus

Day	Dryland	In-Water	Location
Monday	4:45-5:15 PM	5:15-7:00 PM	MME
Tuesday AM		5:45-7:00 AM*	MME
Tuesday		5:15-7:00 PM	MME
Wednesday	3:30-4:00 PM	4:15-6:00 PM	MMW
Thursday		5:15-7:00 PM	MME
Friday AM		5:45-7:00 AM*	MME
Friday		3:30-5:30 PM**	MMW
Saturday	9:15-9:45 AM	7:00-9:00 AM	MME

Senior Elite

Day	Dryland	In-Water	Location
Monday	4:45-5:15 PM	5:15-7:00 PM	MME
Tuesday AM		5:45-7:00 AM*	MME
Tuesday		5:15-7:00 PM	MME
Wednesday	3:30-4:00 PM	4:15-6:00 PM	MMW
Thursday	4:40-5:10 PM	5:15-7:00 PM	MME
Friday AM		5:45-7:00 AM*	MME
Friday		3:30-5:30 PM**	MMW
Saturday	9:15-9:45 AM	7:00-9:00 AM	MME

Senior Practice Notes Only

Week 0 (optional): begins September 3rd - one practice only 5:15-7:00. Limited to the first 25 sign ups.

Week 1 (official start): begins September 8th

Weekday mornings begin the week of September 15th. We follow a 3 weeks on, 1 week schedule with mornings. Below are the September-November weeks that we will not have morning practice

- September 3rd, September 10th, October 6th, November 3rd

* 15 minutes earlier than traditionally scheduled allows for full utilization of pool time

**subject to change once the boys HS season begins due to the large volume of girls returning, potentially requiring two practice times.