

*Emergency practice schedule changes (ie Weather) will be listed under the practice schedule changes tab on the front page of the website. If you are in doubt, please check the website before heading out to practice.
Swimmers Must be evaluated to determine proper group placement.
There will be no Saturday practices when a High School or Club meet is scheduled.
Practice will be canceled for any scheduled HS meet during the week.
No Practices Thanksgiving day, Christmas eve, Christmas day, New years day, Spring Break, Easter. Other Holidays TBA

2025 - 2026 Team Schedule

Year-Round Competitive Groups		
Group Meet and Practice Attendance Requirements		
COMPETITIVE SHORT COURSE SEASON; Sept 3 - March 31		
COMPETITIVE LONG COURSE SEASON; April 1 - Final Champs Meet July		
Senior \$125 per month	COMPETITIVE SHORT COURSE SEASON	
	MWF	3:30 PM - 5:30 PM
	S	7:30 AM - 9:30 AM
	COMPETITIVE LONG COURSE SEASON	
	M-F	3:30 PM - 5:30 PM
	S	7:30 AM - 9:30 AM
Pre-Senior \$115.00 per month	COMPETITIVE SHORT COURSE SEASON	
	MWF	3:45 PM - 5:30 PM
	S	7:30 AM - 9:30 AM
	COMPETITIVE LONG COURSE SEASON	
	M-F	3:45 PM - 5:30 PM
	S	7:30 AM - 9:30 AM
Junior \$105 per month	COMPETITIVE SHORT COURSE SEASON	
	MWF	5:00 PM - 6:30 PM
	S	8:00 AM - 9:30 AM
	COMPETITIVE LONG COURSE SEASON	
	MTThF	5:00 PM - 6:30 PM (NO PRACTICE ON WEDNESDAYS)
	S	8:00 AM - 9:30 AM
Age Group \$95 per month	Sept 3 - Highest level Champs Meet July	
	MW	5:30 PM - 6:45 PM
	F	5:15 PM - 6:30 PM
	S	8:00 AM - 9:30 AM
Foundations \$85 per month	Sept 3 - Highest level Champs Meet July	
	MW	4:45 PM - 5:30 PM
	F	5:15 PM - 6:15 PM
	S	8:30 AM - 9:30 AM

Seasonal Fit Clinic - Non-Competitive Groups		
May be invited to participate in intrasquad meets		
Fall Session 9-3 to 11-12		
Winter Session 11-17 to 1-28-26		
Spring Session 2-2 to 4-22		
Summer Session 4-27 to 7-8		
JR/SR Fit \$400 per session	MW	5:00 PM - 6:30 PM - Fall, Winter, Spring Session through 3-31
	MTh	5:00 PM - 6:30 PM - April 1 through Summer
Age Group Fit \$350 per session	MW	5:30 PM - 6:45 PM - All Sessions
Future Champions \$275 per session	MW	4:45 PM - 5:30 PM - All Sessions

Seasonal Pre-Competitive - Water Buddies		
May be invited to swim intrasquad meets		
Fall Session	9-3 to 11-12	
NO WINTER SESSION		
Spring Session	2-2 to 4-22	
Summer Session	4-27 to 7-8	
\$250 per session	MW	5:00 PM - 5:30 PM

Learn to Swim - 2 week Sessions		
NO LESSONS 11-17 TO 1-28		
Swimmers must be potty trained; No swim diapers or pullups allowed.		
\$75 per 2 Week Session	MWF	9-3 through 4-3
\$95 per 2 Week Session	MTWTh	4-6 through 7-9