

October

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Oct 01-03 all practices @ BSRC pool</p>			<p>1 C2 Swim 4:30-5:30 PM</p>	<p>2 C3-5 Swim 4:00-5:00 PM C1 Swim 5:00-6:00 PM</p>	<p>3 C3-5 4:00-5:30 C1/2 4:30-5:30 Goal Setting & Team Building @ BSRC Studio B</p>	<p>4 C4/5 Swim @ ORC 10:30-12:00 <i>*Bottle Drive Day*</i></p>
<p>5 No Swimming</p>	<p>6 C4/5 Seton 6:00-7:15 AM</p>	<p>7 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30</p>	<p>8</p>	<p>9 C5 7:30-9 AM @ ORC BSRC Dryland C4/5 4:00-5:00</p>	<p>10 Swim @ ORC C1/2 2:00-3:00 C3/4 3:00-4:00 C5 2:30-4:00</p>	<p>11 No Swimming for Thanksgiving</p>
<p>12 No Swimming for Thanksgiving</p>	<p>13</p>	<p>14 C3/4 7:30-9 AM @ ORC BSRC Dryland C3-5 4:00-5:30 / C1-2 4:30-5:30</p>	<p>15</p>	<p>16 C5 7:30-9 AM @ ORC BSRC Dryland C4/5 4:00-5:00</p>	<p>17 Swim @ ORC C1/2 2:00-3:00 C3/4 3:00-4:00 C5 2:30-4:00</p>	<p>18 Swim @ ORC C5 10:15-12 C3/4 10:15-11:15 C1/2 11:00-12:00</p>
<p>19 C1/2 Meet: Halloween Howler No Swimming for Rec & C3 swimmers</p>	<p>20 C4/5 Seton 6:00-7:15 AM</p>	<p>21 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30</p>	<p>22</p>	<p>23 BSRC Dryland C4/5 4:00-5:00</p>	<p>24 C1,2,3* 4:00-5:00 PM @ ORC C3-5 @ MAVS Jack Frost Meet</p>	<p>25 C1/2 Swim ORC 10:30-12:00</p>
<p>26 C1 8:00-9:00 ORC C2/3 8:00-9:30 C3-5 @ Jack Frost</p>	<p>27 Post meet recovery – no swimming</p>	<p>28 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30</p>	<p>29</p>	<p>30 BSRC Dryland C4/5 4:00-5:00</p>	<p>31 Swim @ ORC C1/2 2:00-3:00 C3/4 3:00-4:00 C5 2:30-4:00</p>	<p>Nov 01 Swim @ ORC C5 10:15-12 C3/4 10:15-11:15 C1/2 11:00-12:00</p>

“Taking on a challenge is a lot like riding a horse, isn’t it? If you’re comfortable while you’re doing it, you’re probably doing it wrong.”
(Ted Lasso)

Note: Oct 24-26 practice time changes; All Rec swimmers can attend these practices, as well as any C3 swimmers not at the MAVS meet those days