

October

2025

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

"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