



2025-2026 Training Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior: Blue	AM		5:15-7:30am		5:15-7:30am		6:45-9:00am
	PM	3:45-6:30pm		3:45-6:00pm		3:45-6:30pm	
Senior: White	AM						7:15-9:00am
	PM	6:30-8:00pm		6:45-8:30pm		6:45-8:30pm	
Junior: Blue	AM			5:45-7:30am		5:45-7:30am	5:45-8:00am
	PM	3:45-5:30pm	4:45-7:00pm		4:45-7:00pm		
Junior: White	AM			5:45-7:30am			5:45-8:00am
	PM	5:15-7:00pm				5:15-7:00pm	
Novice:	AM						7:30-9:00am
	PM	5:45-7:00pm		5:45-7:00pm		5:45-7:00pm	
LTC: Blue	AM						
	PM	5:30-6:45pm		5:30-6:45pm			
LTC: White	AM						
	PM	4:00-5:15pm		4:00-5:15pm			
LTC: Intro (4-5pm)	AM						
	PM					4:00-5:00pm	
LTC: Intro (5-6pm)	AM						
	PM					5:00-6:00pm	
Regional: White	AM						6:15-7:30am
	PM		6:45-8:00pm		6:45-8:00pm		

*This schedule is subject to change based on pool/coach time and availability. This schedule may change pending pool allocation