

2026-2027 Practice Schedule

National

Day	Time
Monday	6:00-7:30 AM, 4:00-5:00 PM
Tuesday	6:00-7:30 AM, 4:00-6:00 PM
Wednesday	4:00-7:00 PM
Thursday	6:00-7:30 AM, 4:00-6:00 PM
Friday	6:00-7:30 AM, 4:00-7:00 PM
Saturday	8:00-10:00 AM

Youth

Day	Time
Monday	6:00-7:30 AM, 4:00-5:00 PM
Tuesday	6:00-7:30 AM, 4:00-6:00 PM
Wednesday	4:00-7:00 PM
Thursday	4:00-6:00 PM
Friday	6:00-7:30 AM, 4:00-7:00 PM
Saturday	8:00-10:00 AM

Elite

Day	Time
Monday	6:00-7:30 AM
Tuesday	4:00-5:30 PM
Wednesday	4:00-5:30 PM
Thursday	4:00-6:30 PM
Friday	4:00-5:30 PM
Saturday	8:00-10:30 AM

Fitness & Development

Day	Time
Monday	4:00-5:30 PM
Wednesday	5:00-6:30 PM
Friday	6:00-7:30 AM

D1

Day	Time
Monday	5:30-7:00 PM
Tuesday	4:30-7:00 PM
Thursday	4:30-7:00 PM
Friday	5:30-7:00 PM
Saturday	8:00-10:30 AM

D2A

Day	Time
Monday	4:00-5:30 PM
Tuesday	4:00-6:30 PM
Thursday	4:00-6:30 PM
Friday	4:00-5:30 PM

D2B

Day	Time
Monday	5:00-6:30 PM
Wednesday	4:00-5:00 PM
Friday	5:30-7:00 PM
Saturday	8:30-10:30 AM

D2C

Day	Time
Monday	6:00-7:00 PM
Wednesday	6:00-7:00 PM
Friday	6:00-7:00 PM

D3

Day	Time
Monday	5:15-6:00 PM
Wednesday	5:15-6:00 PM
Friday	5:15-6:00 PM

Intro to Swim School

Day	Time
Monday	4:15-4:45 PM
Friday	4:15-4:45 PM

Swim School

Day	Time
Monday	4:45-5:15 PM
Friday	4:45-5:15 PM

Please Note: The above practice schedule is valid through April 2027. We are currently awaiting confirmation of pool times for May. Once those times have been finalized, an updated schedule will be shared with families in mid-April. Thank you for your flexibility and understanding as we work to provide the best possible training schedule for our swimmers.