

School Break Practice Schedule (December 23, 2024 - January 4, 2025)

Junior/Senior return to regular schedules on Monday, January 6, 2025.

9 & U, Age Group and MS & HS Group return on Wed/Thurs, January 8-9, 2025.

Novice returns later January and/or March 2025.

- **Novice Division**

- Fall Season ends November 14 for the 3:40pm, 4:30pm, 5:15pm groups.

- Fall Season ends December 12 for the 6:10pm group.

- Spring 2025 Season will begin Jan 27 or March 3 (depending on the day/time selected; will have the option to start on either Jan or March). Re-enrollment is required for swimmers participating in Fall 2024 Novice to be on an active roster in 2025.

- **9 & Under**

- no practice Monday, December 16, 2024 - January 7, 2025.

- return to practice on Wed, Jan 8 or Thurs, Jan 9, 2025 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

- **Age Group Division, 6:45pm MS/AG, HS Group**

- no practice Friday, December 13, 2024 - January 5, 2025.

- return to practice on Wed, Jan 8 or Thurs, Jan 9, 2025 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

- **Senior Black:**

- Week of December 23:

- Monday- 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Tuesday-6:30-9:00am Swim and Core

- Wednesday- Off Christmas

- Thursday- 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- 5:00pm Alumni Meet following practice

- Friday- 6:30-9:00am Swim and Core/1:30-3:30pm Swim

- Saturday- 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Week of December 30:

- Monday- 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Tuesday- 6:30-9:00am Swim and Core

- Wednesday- 7:00-9:00am Swim 1:30-3:30pm Swim

- Thursday- 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Friday- 6:30-9:00am Swim and Core/1:30-3:30pm Swim

- Saturday- 6:00-9:00am Swim and Strength

- **Senior White 1 and 2:**

- Week of December 23:

- Monday- 7-9:00am Swim/ 1:30-3:30pm Swim and Strength

- Tuesday- 7:00-9:15am Swim and Core

- Wednesday- Off Christmas

- Thursday- 7-9:00am Swim/ 1:30-3:30pm Swim and Strength

- 5:00pm Alumni Meet following practice

- Friday- 7:00-9:15am Swim and Core

- Saturday- 7-9:00am Swim/ 1:30-3:30pm Swim and Strength

Week of December 30:

- Monday- 7-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Tuesday- 7:00-9:15am Swim and Core Sr. White Movie Day After Practice
- Wednesday- 1:30-3:30pm Swim
- Thursday- 7-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Friday- 1:30-3:30pm Swim
- Saturday- 7-9:00am Swim

● **Senior Red 1:**

Week of December 23:

- Monday: 3:45-5:45pm Swim and Strength
- Tuesday: 9:00-11:00am Swim
- Wednesday: Off
- Thursday:3:45-5:45pm Swim and Strength
- Friday: 9:00-11:00am Swim
- Saturday-Sunday: Off

Week of December 30:

- Monday: 3:45-5:45pm Swim and Strength
- Tuesday: 9:00-11:00am Swim
- Wednesday- Off
- Thursday:3:45-5:45pm Swim and Strength
- Friday: 9:00-11:00am Swim
- Saturday-Sunday: Off

● **Senior Red 2**

Week of December 23:

- Monday: 3:45-5:15pm Swim
- Tuesday: 9:00-11:00am Swim
- Wednesday: Off
- Thursday: 3:45-5:15pm Swim
- Friday: 9:00-11:00am Swim
- Saturday-Sunday: Off

Week of December 30:

- Monday: 3:45-5:15pm Swim
- Tuesday: 9:00-11:00am Swim
- Wednesday: Off
- Thursday: 3:45-5:15pm Swim
- Friday: 9:00-11:00am Swim
- Saturday-Sunday: Off

● **Junior Black:**

No practice December 25 & 26, and January 1

Week of December 23:

- Monday 9-10:45am swim. Strength 10:55-11:25am
- Tuesday 9-10:30am Swim Only
- Wednesday/Thursday Off
- Friday 9-10:45am swim. Strength 10:55-11:25am
- Saturday 9-11 Swim only

Week of December 30:

- No practice January 1
- Monday 9-10:45am swim. Strength 10:55-11:25am
- Tuesday 9-10:30am Swim Only

- Wednesday Off
- Thursday 9-10:45am swim. Core: 10:55-11:10am
- Friday 9-10:45am swim. Strength 10:55-11:25am
- Saturday 9-11 Swim only

- **Junior White:**

No practice December 25 & 26, and January 1

Week of December 23:

- Monday 4:15-5:45pm Core/Strength 4-4:15 pm
- Tuesday 9-10:30am Swim Only
- Wednesday/Thursday Off
- Friday 4:15-5:45pm Core/Strength 4-4:15 pm
- Saturday 9-10:30 Swim only

Week of December 30

- Monday 4:15-5:45pm swim Core/Strength 4-4:15 pm
- Tuesday 9-10:30am Swim Only
- Wednesday
- Thursday 4:15-5:45pm Swim only
- Friday 4:15-5:45pm swim, Core/Strength 4-4:15 pm
- Saturday 9-10:30 Swim only

- **Junior Red:**

Week of December 23:

- Monday 9:00-10:00am
- Tuesday 9:00-10:00am
- Wednesday/Thursday Off
- Friday- with Junior White
- Saturday: 9-10am

Week of December 30

- Monday 9:00-10:00am
- Tuesday, TBA
- Wednesday Off
- Thursday 9:00-10:00am
- Friday- with Junior White
- Saturday 9-10am