

# Winter 2024/Spring 2025

## Practice Schedule: December 2, 2024- to March 10, 2025

### Adjusted Holiday Practice Schedule, Dec 23-Jan 4:

[See Schedule for these dates posted on the Team News page](#)

**Week of March 10:** Senior groups & Junior Black move back to the indoor pool and Novice, 8 & U and some Age Group move to the outdoor pool starting March 4. *Practice times will remain the same through the end of the school year.*

- **Novice:** Indoor pool until March 10th  
(*Spring Season: Jan 27-May 8 or March 10-May 8 for 3:40pm, 4:30pm, 5:20pm*)
  - M/W & T/TH 5-8 years: 3:40-4:20pm or 4:30-5:10pm, scoreboard End Lane 1
  - M/W & T/TH 5-8 years: 3:40-4:20pm or 4:30-5:10pm, Scoreboard End Lane 1
  - M/W & T/TH 9-10 Years: 5:20-6:10pm, Record Board End Lanes 7 & 8
  - M/W/S & T/TH/S 10-14 years: 6:10-7:00pm, Record Board End Lanes 7 & 8  
Saturday 10:00-11:00am Scoreboard End. **\*10-14yrs start back January 13, 2025**
  
- **9&U:** Indoor pool until March 10
  - M/W- or T/TH or Mon-Thurs (*must attend based on enrolled days*)
  - M/W & T/TH 3:40-4:25pm Record Board End Lanes 2 & 3
  - M/W & T/TH 4:30-5:20pm Record Board End Lanes 2-8
  
- **Middle School/6:45pm Age Group** Indoor pool
  - 6:45-8:00pm group: M/T/Th: Scoreboard Board End Lanes 5-8
  
- **High School:** Indoor pool
  - 6:45-8:00pm group: M/T/Th: Scoreboard Board End Lanes 5-8
  
- **Age Group 1A,1B & 2A & 2B:** Indoor pool
  - M/W/F or T/TH/S enrollment (*Must attend based on enrolled days for Mon-Thur practices*)  
Scoreboard End Lanes 1-8
  - Friday, 4:45-6:00pm. **All Groups.** Indoor Pool, Record Board End Lanes 1-8
  - Saturday, 10:00-11:15am. **All Groups.** Indoor Pool Scoreboard End Lane 3-8
  
- **Age Group 3:** Indoor pool
  - M/W/F or T/TH/S enrollment (*Must attend based on enrolled days for Mon-Thur practices*)  
Record Board End Lanes 5-6
  - Friday, 4:45-6:00pm. **All Groups.** Indoor Pool, Record Board End Lanes 1-8
  - Saturday, 10:00-11:15am. **All Groups.** Indoor Pool Scoreboard End Lane 3-8

- **Junior Red:** Indoor Pool
  - Mon-Thurs, 4:30-5:30pm
  
- **Junior White:** Indoor Pool
  - Mon-Thurs, 6:00-7:15pm Record Board End. Lanes 1-4
  - Core M/W: 5:30-5:55pm. Yoga room.
  - Friday, 4:45-6:00pm Record Board End Lanes 1-2
  - Saturday, 9:00-10:30am Record Board End Lanes 5-8  
Core 10:40-11:00am
  
- **Junior Black:** Indoor Pool
  - M/W, swim 4:30-6:00pm Record Board End Lanes 1-4 and Strength 4-4:25pm (Weight Room)
  - T/Th, swim 4:15-6:00pm Outdoor Pool and Core: 4:00-4:10pm (Yoga room)
  - Friday, No Practice.
  - Saturday, 9:00-11:00am Record Board End Lanes 1-4  
Strength 11:05-11:30
  
- **Senior Red 1:**
  - Mon/Wed, 6:15-7:45pm Outdoor Pool
  - Core M/W @ 6:00-6:15pm
  - Tues/Thurs, 6:00-7:00 Outdoor Pool
  - Strength T/Th: 7:15-7:45pm
  - Friday, No Practice
  - Saturday, 10:30am-12:00pm (Indoor, Record Board Pool)
  
- **Senior Red 2:**
  - Mon-Thurs, 6:15-7:30pm Outdoor Pool
  - Core: M/W @ 6:00-6:15pm
  - Friday, No Practice
  - Saturday, 10:30am-12:00pm (Indoor, Record Board Pool)
  
- **Senior White 1:**
  - M/W, 4:00-6:00pm Swim Outdoor Pool
  - Core M/W 3:45-4:00pm
  - Strength T/TH 3:45-4:30pm
  - T/TH, 4:30-6:00pm Swim Record Board Pool 1-4
  - Friday, 4:00-5:30pm
  - Saturday, 8:00-10:00am Record Board End until 8:55, then Scoreboard end.
  
- **Senior White 2:**
  - M/W, 3:45-5:20pm Swim Record Board Pool 5-8
  - Strength M/W 5:30
  - T/TH, 4:05-6:00pm Swim Outdoor Pool 5-8
  - Core M/W 3:45-4:05pm
  - Friday, 4:00-5:30pm
  - Saturday, 8:00-10:00am Record Board End until 8:55, then Scoreboard end.

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
- Mon/Wed, 4:00-6:00pm Outdoor Pool and Core 3:40-4:00pm
- Tue/Thur, 3:45-5:25pm Swim Indoor Pool-Record Board End 5-8 and Strength 5:30-6:15pm
- Friday, 3:45-5:15pm Strength
- Saturday, 6:45-9:00am Scoreboard End