



2026 SWIM TEAM PRACTICE SCHEDULE

***** Monday & Wednesday Evenings: starting June 8**

All Ages 6 & under & Pre-Swim Ready to Lap & Ready to Splash	6:00 - 6:30 PM
Ages 7 - 8	6:00 - 6:45 PM
Ages 9 - 10	6:00 - 7:00 PM
(** seahorse swimmers can come to 7 PM or 8 PM practice) ***Ages 11 - 12	7:00 - 8:00 PM
***All 13 & Ups	8:00 - 9:00 PM

Regular Season Monday thru Thursday Mornings: Starting June 24

Seahorses Age 12 - 18	7:00 - 8:45 AM
Ages 11-18 who are NOT in Seahorses	8:30 - 9:45 AM (first 15 minutes at tank)
Ages 9 - 10s	9:30 - 10:30 AM (first 15 minutes at tank)
Ages 7 - 8s	10:15 - 10:55 AM (first 15 minutes at tank)
Ages 6 & Under - Ready to Lap Only	10:25 - 10:55 AM

Fun Fridays - July 10, 17, 24, 31

Seahorses	9:00 - 10:00 AM
Ages 11 & Ups	10:00 - 11:00 AM
Ages 10 & Under (include all 6 & under and preswim)	11:00 - 12:00 PM

Saturday Mornings: Starting June 13 (no practice July 4)

Seahorses	8:30 - 10:00AM
Ages 11 and Ups	8:30 - 10:00AM
Ages 10 & Under	10:00 - 11:00 AM
All 6 & Under & Preswim	10:30 - 11:00 AM