

## SWAT PRACTICE SCHEDULE

**FALL BREAK - SEPTEMBER 22-28, 2025**

Group Name	Mon 9/22	Tue 9/23	Wed 9/24	Thu 9/25	Fri 9/26	Sat 9/27	Sun 9/28
Senior Elite	6:30-8am	6:30-8am	6:30-8am	6:30-8am		6:45-8:30am	6:45-8:30am
Senior 1	7-8am	7-8am	7-8am	7-8am		7-8:30am	7-8:30am
Senior 2	7-8am	7-8am	7-8am	7-8am		7-8:30am	7-8:30am
High School 1		8-9am		8-9am		8:30am-9:30am	
High School 2	8-9am		8:30-9:30am			8:30-9:30am	
Age	8-9am	8-9am	8-9am	8-9am		8:30am-9:30am	
Silver	9-10am		9-10am	9-10am		9:15am-10:15am	8:30-9:30am
Bronze	10-11am		10-11am	10-11am			8:30-9:30am
Blue		10-11am	10-11am			10-11am	
Red		10:15-11am		10:15am-11:15am		10:15-11am	
Masters	5-6:30am		5-6:30am		5-6:30am		

**Note: Swimmers that are unable to attend practice above due to school can attend:**

**- 4:45 to 6:00pm Monday, Wednesday, Thursday at Mountain View**

**- Tuesday 4-6pm at Mountain View**