



2025 - 2026
WATER RAT SWIM TEAM PRACTICE SCHEDULE
Subject to Change

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White II		615-7pm (FTP)		615-7pm (FTP)			
White I	615-700pm (FTP)		615-700pm (FTP)				
Red		515-615		515-615pm		1115am-12pm	
Blue	515-615pm		515-615pm		515-615pm	1115am-12pm	
Discovery III	515-615pm		515-615pm		415-515pm	845-945am	
Discovery II		630-730pm	630-730pm	630-730pm		845-945am	
Discovery I	515-630pm	515-630pm	515-630pm	515-630pm		845-945am	
Challenger II	615-745pm	515-630pm		515-630pm	515-645pm	945-1115am	
Challenger I	630-8pm	630-8pm		630-8pm	515-645pm	945-1115am	
Senior III		630-8pm	615-745pm	630-8pm	345-515pm	945-1115am	
Senior II	315-515pm	330-515pm	515-7am OFF - PM	330-515pm	315-515pm	645-845am	
Senior I	315-515pm	515-7am 315-515pm	315-515pm	515-7am 315-515pm	315-515pm	6-845am	

FTP=Family Teaching Pool

All other practices are in the Y Lap Pool