

Summer Swim Teams Practice Schedule 2026

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM <u>Riptides/Tridents</u> All Group Practice*			5:30 PM Riptides Purple, Green, and Red Group Dryland	8:00 AM <u>Riptides/Tridents</u> All Group Practice*
			6:00 PM Riptides Blue and Silver Group Dryland	
6:00 PM <u>Riptides/Tridents</u> 9 & Under Swimmers	6:00 PM <u>Riptides/Tridents</u> 9 & Under Swimmers	6:00 PM Riptides Purple, Green, Red Groups	6:00 PM <u>Riptides/Tridents</u> 9 & Under Swimmers	5:30-6:30 PM Riptides All Group Practice
7:00 PM <u>Riptides/Tridents</u> 10 & Up Swimmers	7:00 PM <u>Riptides/Tridents</u> 10 & Up Swimmers	6:00 PM Riptides Blue and Silver Groups	7:00 PM <u>Riptides/Tridents</u> 10 & Up Swimmers	

* Morning Practice begins June 15th and ends July 31st.

Once meets begin on 6/16, there will be no more Tuesday practice. Meets are every Tuesday except July 7th (holiday week).

No practice on the following dates: 5/25 (Memorial Day) and 6/2 (Mock Meet). Schedule subject to change.

All practices are one hour in length.