

Long Course 2026 Practice Schedule (No Practices Memorial Day (May 25) and July 4)						
Pools: WG = Westgate Pool 8233 Grover St.; RB = Rockbrook Pool. 108th & Center; Kroc = Salvation Army Kroc Center 27 & Y; Burke HS 120th & Dodge						
FremY = Fremont Family YMCA 810 N Lincoln Ave. Fremont, NE; MC = Montclair Community Center 2304 S. 135th Ave; CSM = College of St. Mary's 7000 Mercy Rd						
	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
SrNats	6:30-8:30 AM at WG	6:30-8:30 AM at WG	6:30-8:30 AM at WG	6:30-8:30 AM at WG	6:30-8:30 AM at WG	6:45-8:45 AM at WG
		4:30-6 PM at Kroc (Futures)		4:30-6 PM at Kroc (Futures)		yoga at 8:00
	4:30-6 PM at FremY (LC)	3:45-5:15 PM at CSM		3:30-5 PM at MC		2-3:30 PM at FremY on 5/30 and 6/6 (LC)
Seniors	6:30-8:15 AM at RB	6:30-8:15 AM at RB	6:30-8:15 AM at RB	6:30-8:15 AM at RB	6:30-8:15 AM at RB	7:15-9 AM at WG
		4-5:30 PM at MC		4:15-5:45 PM at MC		yoga at 7:15
	4:30-6 PM at FremY (LC)					2-3:30 PM at FremY on 5/30 and 6/6 (LC)
College	6-7:30 AM at Burke		6-7:30 AM at Burke		6-7:30 AM at Burke	
Sharks	5-6:30 PM at CSM	5-6:30 PM at CSM	5-6:30 PM at CSM	6:30-8 PM at MC	5-6:30 PM at CSM	7:15-8:45 AM at WG
*MC Sharks	6:30-8 PM at MC	6:30-8 PM at MC	6:30-8 PM at MC			yoga at 7:15
						2-3:30 PM at FremY on 5/30 and 6/6 (LC)
Dolphin	5:30-6:45 PM at MC	5:30-6:45 PM at MC	5:30-6:45 PM at MC	5:30-6:45 PM at MC	5:30-6:45 PM at MC	10-11:15 AM at CSM
	6:30-7:45 PM at MC	6:30-7:45 PM at MC	6:30-7:45 PM at MC			
Penguin	5:45-6:45 PM at MC	5:45-6:45 PM at MC	5:45-6:45 PM at MC	5:45-6:45 PM at MC	5:45-6:45 PM at MC	10-11 AM at CSM
	6:45-7:45 PM at MC	6:45-7:45 PM at MC	6:45-7:45 PM at MC			
* MC Sharks combine with Sharks Thur-Sat						