



2026 Keating Fall Schedule

Starts 9/8 (The schedule is subject to change in order to best serve the needs of all groups)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL Starts 9/8	Dyn 3:50pm Sw 4:00-6:00pm	DL 3:50-4:50pm Sw 5:00-7:00pm	DL 5:45-6:45am TT 3:50-4:20pm Sw 4:30-6:00pm	Dyn 3:40 Sw 3:50-5:50pm DL 6:00-6:40pm	Dyn & Sw 5:00-7:00am	DL 7:30-8:30am Sw 8:45-11:15am
SENIOR Starts 9/8	Sw 4:00-6:00pm DL 6:10-7:00pm	Dyn 3:50pm Sw 4:00-6:00pm	Sw 4:00-6:00pm DL 6:10-7:00pm	Dyn 3:50pm Sw 4:00-6:00pm	Dyn & Sw 5:00-7:00am	Dyn 6:30am Sw 6:45-8:45am DL 9:00-10:00am
COPPER Starts 9/8	DL 5:40pm Sw 6:00-7:15pm	OFF	DL 5:40-6:00pm Sw 6:00-7:15pm	OFF	Sw 4:15-5:30pm DL 5:30-6:00pm	OFF
BLUE Starts 9/8	Dyn 5:50pm Sw 6:00-7:45pm DL 7:50-8:30pm	DL 5:50-6:30pm Sw 6:40-8:30pm	Dyn 5:40pm Sw 5:50-7:30pm	Dyn 5:40pm Sw 5:50-7:30pm	Dyn 4:00pm Sw 4:10-6:00pm	Dyn 6:45am Sw 7:00-8:45am DL 9:00-10:00am
GOLD Starts 9/14	Sw 6:00-7:30pm DL 7:35-8:05pm	Sw 7:00-8:30pm	OFF	Sw 6:00-7:30pm	DL 5:30-6:00pm Sw 6:10-7:40pm	DL 8:00-8:40am Sw 8:45-10:15am
SILVER Starts 9/14	Sw 7:00-8:15pm	DL 6:20-6:55pm Sw 7:00-8:15pm	Sw 7:00-8:15pm	DL 6:20-6:55pm Sw 7:00-8:15pm	OFF	DL 9:45am Sw 10:15am-11:30am
BRONZE Starts 9/14	OFF	Sw 4:15-5:15pm DL 5:15-5:30pm	Sw 4:30-5:30pm DL 5:30-6:00pm	OFF	Sw 4:30-5:30pm DL 5:30-6:00pm	OFF
SEA HORSES Starts 9/20	OFF	OFF	OFF	OFF	OFF	Sunday 11-1pm

Key: DL = Dryland, Dyn = Dynamic, Sw = Swim, TT = Team Time

Upcoming Schedule Changes - the pool will be closed these evenings due to water polo matches

9/16, 10/6, and 10/13