



2025 Keating Fall Schedule

Starts 9/2 (The schedule is subject to change in order to best serve the needs of all groups)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL Starts 9/2	DL 5:45-6:45am Dyn 3:45pm Sw 4:00-6:00pm	DL 3:50-4:50pm Sw 5:00-7:00pm	DL 5:45-6:45am Dyn 3:45pm Sw 4:00-5:50pm TT 6:00-6:30pm	DL 3:50-4:50pm Sw 5:00-7:00pm	Dyn & Sw 5:00-7:00am	DL 7:30-8:30am Sw 8:45-11:15am
SENIOR Starts 9/2	DL 3:50-4:50pm Sw 5:00-7:00pm	Dyn 3:50pm Sw 4:00-6:00pm	DL 3:50-4:50pm Sw 5:00-7:00pm	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
BLUE Starts 9/8	DL 5:30-6:20pm Sw 6:30-8:15pm	Dyn 6:15pm Sw 6:30-8:15pm	DL 5:30-6:20pm Sw 6:30-8:15pm	Dyn 6:15pm Sw 6:30-8:15pm	Dyn 4:30pm Sw 4:45-6:30pm	Dyn 6:45am Sw 7:00-8:45am DL 9:00-10:00am
GOLD Starts 9/8	DL 6:20-6:50pm Sw 7:00-8:30pm	Sw 7:00-8:30pm	OFF	Sw 7:00-8:30pm	DL 5:30-6:00pm Sw 6:10-7:40pm	DL 8:00-8:40am Sw 8:45-10:15am
SILVER Starts 9/15	Sw 7:00-8:15pm	DL 6:20-6:50pm Sw 7:00-8:15pm	Sw 7:00-8:15pm	DL 6:20-6:50pm Sw 7:00-8:15pm	OFF	DL 9:45am Sw 10:15am-11:30am
BRONZE Starts 9/15	DL 6:00-6:15pm Sw 6:15-7:15pm	DL 6:00-6:15pm Sw 6:15-7:15pm	OFF	DL 6:00-6:15pm Sw 6:15-7:15pm	OFF	DL 11:00am Sw 11:15am-12:15pm
PLATINUM Starts 9/17	OFF	OFF	Dyn 6:00-6:15pm Sw 6:15-7:15pm	OFF	OFF	Dyn 11:00am Sw 11:15am-12:15pm

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



2025-2026 Keating Winter Schedule

Starts 10/27/25 (The schedule is subject to change in order to best serve the needs of all groups)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL	DL 3:40-4:40pm Sw 4:50-6:50pm	Dyn + Sw 5:00-7:00am DL 3:40-4:40pm *Sw 4:50-6:50pm	TT 4:00-4:40pm *Sw 4:50-6:50pm	DL 3:40-4:40pm Sw 4:50-6:50pm	Dyn + Sw 5:00-7:00am	DL 7:50-8:50am Sw 9:00-11:00am
SENIOR	Dyn 4:50-5:10pm Sw 5:20-7:20pm	DL 4:30-5:10pm Sw 5:20-7:20pm	Dyn 4:50-5:10pm Sw 5:20-7:20pm	DL 4:30-5:10pm Sw 5:20-7:20pm	Dyn 4:30pm Sw 4:50-6:50pm	Dyn 8:40am Sw 9:00-11:00am DL 11:10am-12:00pm
BLUE	Dyn 6:30-6:45pm Sw 6:50-8:30pm	DL 5:50-6:30pm Sw 6:40-8:30pm	Dyn 6:30-6:45pm Sw 6:50-8:30pm	DL 5:50-6:30pm Sw 6:40-8:30pm	Dyn 5:00-5:15pm Sw 5:20-7pm	Dyn 8:40am Sw 9:00-10:50am DL 11:00-11:45am
GOLD	Sw 7:00-8:30pm	DL 6:20-6:50pm Sw 7:00-8:30pm	OFF	DL 6:20-6:50pm Sw 7:00-8:30pm	Sw 5:30-7:00pm	DL 10:20-10:50am Sw 11:00am-12:30pm
SILVER	DL 6:40-7:10pm Sw 7:20-8:30pm	Sw 7:10-8:30pm	DL 6:40-7:10pm Sw 7:20-8:30pm	Sw 7:10-8:30pm	OFF	DL 10:35-11:05am Sw 11:15am-12:30pm
BRONZE	DL 6:45-6:55pm Sw 7:00-8:00pm	OFF	DL 6:45-6:55pm Sw 7:00-8:00pm	OFF	DL 5:15-5:25pm Sw 5:30-6:30pm	DL 10:30-10:50am Sw 11:00am-12:00pm
PLATINUM	OFF	OFF	Sw 7:30-8:30pm	OFF	OFF	Sw 11:00am-12:00pm

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