



2025-26 Practice Schedule

GROUPS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ignite	9:30-11:00am @ MLY		5:30-7:00pm @ Westhampton Pool		5:30-7:00pm @ Westhampton Pool		
Mini	9:30-11:00am		5:30-7:00pm		5:30-7:00pm		
Age	11:00-12:30pm	5:30-7:00pm		5:30-7:00pm		6:00-7:30pm	
Junior	8:00-9:30am	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm		
Senior	6:00-8:00am	6:30-7:15pm Dryland followed by Swim until 9pm	7:00-9:00pm	6:30-7:15pm Dryland followed by Swim until 9pm	7:00-9:00pm	3:30-5:00pm	

All Practice will be held at MLY unless otherwise noted