

FALL-WINTER PRACTICE SCHEDULE 2025-2026

**** SUBJECT TO CHANGE ****

		MON	TUE	WED	THU	FRI	SAT
ISM SWIM TEAM September 16 - Final Meet	ISM Students		3:45-5:15 PM ISM				
RED 1 (3 practices max per week) September 15 - Final Meet	Age 8/Under	6:15-7:00 PM ISM	6:15-7:00 PM ISM	4:45-5:30 PM ISM	4:45-5:30 PM ISM	5:15-6:00 PM EPCC	9:30-10:15 AM EPCC
				6:15-7:00 PM ISM	6:15-7:00 PM ISM	6:00-6:45 PM EPCC	10:15-11:00 AM EPCC
RED 2 (4 practices max per week) September 15 - Final Meet	Age 8/Under	5:30-6:15 PM ISM	5:30-6:15 PM ISM	5:30-6:15 PM ISM	5:30-6:15 PM ISM	6:00-6:45 PM EPCC	9:30-10:15 AM EPCC
AG PREP (4 practices max per week) September 15 - Final Meet	Ages 9/Older	7:00-8:00 PM ISM	7:00-8:00 PM ISM	7:00-8:00 PM ISM	7:00-8:00 PM ISM		10:15-11:15 AM EPCC
AGE GROUP BRONZE 1 September 15 - Final Meet	Ages 9-12	5:15-6:15 PM EPCC		5:15-6:15 PM EPCC	5:15-6:15 PM EPCC		9:30-10:30 AM EPCC
AGE GROUP BRONZE 2 September 15 - Final Meet	Ages 9-12	6:15-7:30 PM EPCC	7:20-8:30 PM EPCC	6:15-7:30 PM EPCC	6:15-7:30 PM EPCC		9:30-11:00 AM EPCC
AGE GROUP BRONZE 3 September 15 - Final Meet	Ages 9-12	6:15-7:45 PM EPCC	7:20-8:30 PM EPCC	6:15-7:45 PM EPCC	6:15-7:45 PM EPCC		9:30-11:00 AM EPCC
RED 3 September 15 - Final Meet	Age 8/Under	6:05-7:05 PM EPCC	6:05-7:05 PM EPCC		6:05-7:05 PM EPCC	6:05-7:05 PM EPCC	9:00-10:00 AM OAK POINT
AGE GROUP SILVER 1 September 15 - Final Meet	Ages 9-10	5:35-7:30 PM EPCC	6:05-7:30 PM EPCC		6:05-7:30 PM EPCC	5:35-7:30 PM EPCC	9:00-10:30 AM OAK POINT
AGE GROUP SILVER 2 September 8 - Final Meet	Ages 11-12	5:15-7:50 PM EPCC	6:05-7:50 PM EPCC	5:15-7:50 PM EPCC	6:05-7:50 PM EPCC	5:35-7:50 PM EPCC	9:00-10:30 AM OAK POINT
AGE GROUP GOLD September 15 - Final Meet	Ages 13-14	5:45-7:15 PM OAK POINT	5:45-7:30 PM OAK POINT	5:45-7:15 PM OAK POINT	5:45-7:30 PM OAK POINT	5:45-7:15 PM OAK POINT	
NATIONAL AGE GROUP September 8 - Final Meet	Ages 13-14	6:00-8:00 PM OAK POINT	6:00-8:00 PM OAK POINT	6:00-8:00 PM OAK POINT	6:00-8:00 PM OAK POINT	6:00-8:00 PM OAK POINT	7:00-9:00 AM OAK POINT
NAG XCELFIT No Signups Required		7:00-8:00 AM				7:00-8:00 AM	
SENIOR GROUP September 15 - Final Meet	Ages 15+	3:45-5:15 PM EPCC	3:45-5:30 PM OAK POINT	3:45-5:15 PM EPCC	3:45-5:30 PM OAK POINT	3:45-5:15 PM EPCC	
NATIONAL SENIOR PREP September 8 - Final Meet	Ages 15+	3:45-5:45 PM OAK POINT	3:45-5:45 PM OAK POINT	3:45-5:45 PM OAK POINT	3:45-5:45 PM OAK POINT	3:45-5:45 PM OAK POINT	7:00-9:00 AM OAK POINT
NATIONAL SENIOR September 8 - Final Meet	Ages 15+	3:45-6:00 PM OAK POINT	6:05-7:05 AM 3:45-6:00 PM OAK POINT	3:45-6:00 PM OAK POINT	6:05-7:05 AM 3:45-6:00 PM OAK POINT	3:45-6:00 PM OAK POINT	7:00-9:00 AM OAK POINT
NAT & NAT PREP XCELFIT Signups Required		6:00-7:00 AM				6:00-7:00 AM	
MASTERS Continuous Program	Adults	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	