

SPRING-SUMMER PRACTICE SCHEDULE 2026

**** SUBJECT TO CHANGE ****

SPRING PORTION - see specific dates for each group

		MON	TUE	WED	THU	FRI	SAT
ISM SWIM TEAM April 14 - June 9	ISM Students		4:15-5:00 PM ISM				
RED (may attend 3 max) April 13 - June 13	Age 7/Under	4:45-5:30 PM ISM		4:45-5:30 PM ISM		5:30-6:30 PM EPCC	9:15-10:15 EPCC
		GROUP A 6:30-7:15 PM ISM	GROUP B 6:30-7:15 PM ISM	GROUP A 6:30-7:15 PM ISM	GROUP B 6:30-7:15 PM ISM		
WHITE (may attend 3 max) April 13 - June 13	Ages 8-13		7:15-8:15 PM ISM		7:15-8:15 PM ISM	6:30-7:30 PM EPCC	10:15-11:15 EPCC
BLUE (may attend 4 max) April 13 - June 13	Age 8/Under	5:30-6:30 PM ISM	5:30-6:30 PM ISM		5:30-6:30 PM ISM	5:30-6:30 PM EPCC	9:15-10:15 EPCC
AGE GROUP 3 April 13 - June 13	Ages 9-13	6:50-7:50 PM OAK POINT		6:50-7:50 PM OAK POINT	5:30-6:30 PM EPCC		11:00-12:00 EPCC
AGE GROUP 2 April 13 - June 13	Ages 9-13	5:30-6:45 PM EPCC	7:20-8:30 PM EPCC	5:30-6:45 PM EPCC		6:30-7:45 PM EPCC	10:45-12:00 EPCC
AGE GROUP 1 April 13 - June 13	Ages 9-13	6:45-8:15 PM EPCC	7:20-8:30 PM EPCC	6:45-8:15 PM EPCC	6:30-8:00 PM EPCC		10:30-12:00 EPCC
JUNIOR 3 April 6 - June 13	Ages 8-10	5:05-7:10 PM EPCC	6:50-8:15 PM OAK POINT		5:45-7:10 PM EPCC	5:20-7:25 PM EPCC	9:00-10:30 EPCC
JUNIOR 2 April 6 - June 13	Ages 11-14	6:15-8:55 PM EPCC	6:00-7:45 PM EPCC	5:05-7:45 PM EPCC	6:50-8:35 PM OAK POINT	6:00-7:45 PM EPCC	9:00-10:45 EPCC
JUNIOR 1 April 6 - June 13	Ages 11-14	6:00-8:00 PM EPCC	6:00-8:00 PM EPCC	6:00-8:00 PM EPCC	6:00-8:00 PM EPCC	6:50-8:40 PM OAK POINT	9:00-11:00 EPCC
JUNIOR 1 XCELFIT No Signups Required		7:00-8:00 AM Xcel Fitness		7:00-8:00 AM Xcel Fitness			
SENIOR 2 April 6 - June 12	Ages 14+	3:45-5:30 PM EPCC	3:45-5:30 PM EPCC	3:45-5:30 PM EPCC	3:45-5:30 PM EPCC	3:45-5:15 PM EPCC	
SENIOR 1 April 6 - June 13	Ages 14+	3:45-5:45 PM EPCC	3:45-5:45 PM EPCC	3:45-5:45 PM EPCC	3:45-5:45 PM EPCC	3:45-6:00 PM EPCC	7:00-9:00 AM EPCC
NATIONAL April 6 - June 13	Ages 14+		6:05-7:05 AM OP		6:05-7:05 AM OP		
		3:45-6:00 PM EPCC	3:45-6:00 PM EPCC	3:45-6:00 PM EPCC	3:45-6:00 PM EPCC	3:45-6:00 PM EPCC	7:00-9:00 AM EPCC
NATIONAL & SENIOR XCELFIT Signups Required		6:00-7:00 AM Xcel Fitness				6:00-7:00 Xcel Fitness	
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	

SPRING-SUMMER PRACTICE SCHEDULE 2025

**** SUBJECT TO CHANGE ****

SUMMER PORTION - see specific dates for each group

		MON	TUE	WED	THU	FRI	SAT
RED (may attend 3 max) June 15 - July 8	Ages 7/Under	6:15-7:00 PM ISM	6:15-7:00 PM ISM	6:30-7:15 PM EPCC	6:30-7:15 PM EPCC		
WHITE (may attend 3 max) June 15 - July 8	Ages 8-13	7:00-8:00 PM ISM	7:00-8:00 PM ISM	5:30-6:30 PM EPCC	5:30-6:30 PM EPCC		
BLUE (may attend 4 max) June 15 - July 8	Age 8/Under	5:15-6:15 PM ISM	5:15-6:15 PM ISM	6:30-7:30 PM EPCC	6:30-7:30 PM EPCC		
AGE GROUP 3 June 15 - July 8 or final meet	Ages 9-13	5:30-6:30 PM EPCC	5:30-6:30 PM EPCC	5:30-6:30 PM EPCC	5:30-6:30 PM EPCC		
AGE GROUP 2 June 15 - July 8 or final meet	Ages 9-13	6:30-7:45 PM EPCC	6:30-7:45 PM EPCC	6:30-7:45 PM EPCC	6:30-7:45 PM EPCC		
AGE GROUP 1 June 15 - July 8 or final meet	Ages 9-13	6:30-8:00 PM EPCC	6:30-8:00 PM EPCC	6:30-8:00 PM EPCC	6:30-8:00 PM EPCC		
JUNIOR 3 June 15 - final meet	Ages 8-10	5:00-6:30 PM EPCC	9:30-11:30 AM RICH 8/U OPTION 5:30-6:30 PM EPCC	5:00-6:30 PM EPCC	9:30-11:30 AM RICH 8/U OPTION 5:30-6:30 PM EPCC	10:00-11:30 AM RICH	
JUNIOR 2 June 15 - final meet	Ages 11-14	9:30-11:30 AM RICH	9:00-11:00 AM OP	9:30-11:30 AM RICH 3:30-5:00 PM OP	9:00-11:00 AM OP	10:00-11:30 AM RICH	
JUNIOR 1 June 15 - final meet	Ages 11-14	9:20-11:30 AM RICH	9:20-11:30 AM RICH	9:20-11:30 AM RICH 3:30-5:00 PM OP	9:20-11:30 AM RICH	9:20-11:30 AM RICH	
JUNIOR 1 XCELFIT No Signups Required			5:00-6:00 PM		5:00-6:00 PM		
NATIONAL & SENIOR XCELFIT Signups Required		2:00-3:00 PM		2:00-3:00 PM			
COLLEGE GROUP (not competing) June 15 - July 17		7:00-9:00 AM OP	7:00-9:00 AM OP	7:00-9:00 AM OP	7:00-9:00 AM OP	7:00-9:00 AM OP	
SENIOR 2 June 15 - July 17 or final meet	Ages 14+	7:00-9:00 AM OP	7:00-9:00 AM OP	7:00-9:00 AM OP	7:00-9:00 AM OP	7:00-9:00 AM OP	
SENIOR 1 June 15 - July 17 or final meet	Ages 14+	8:00-9:45 AM RICH	7:00-9:00 AM OP	8:00-9:45 AM RICH	7:00-9:00 AM OP	8:00-10:00 AM RICH	
NATIONAL & COLLEGE (competing) June 15 - Final Meet	Ages 15+	8:00-10:00 AM RICH	8:00-10:00 AM RICH 3:00-4:30 PM OP	8:00-10:00 AM RICH	8:00-10:00 AM RICH 3:00-4:30 PM OP	8:00-10:00 AM RICH	
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	