

ELIT Club Practice Schedule - WINTER 2025–26 (Updated)

	Day	PM	AM	Location	Dryland
Elit 1	Monday	5:00 – 5:45pm		DVAC	
	Tuesday	5:00 – 5:45pm		DVAC	
	Wednesday	5:00 – 5:45pm		DVAC	
	Thursday	5:00 – 5:45pm		DVAC	
	Friday	5:00 – 5:45pm		DVAC	
	Day	PM	AM	Location	Dryland
Elit 2	Monday	5:15 – 6:30pm		DVAC	STR
	Tuesday	5:15 – 6:30pm		DVAC	5:30 – 5:45pm
	Wednesday	5:15 – 6:30pm		DVAC	STR
	Thursday	5:15 – 6:30pm		DVAC	5:30 – 5:45pm
	Friday	5:15 – 6:30pm		DVAC	STR
	Day	PM	AM	Location	Dryland
Elit 3	Monday	5:30 – 7:30pm		DVAC	5:45 – 6:15pm
	Tuesday	5:30 – 7:30pm		DVAC	5:45 – 6:15pm
	Wednesday	5:30 – 7:30pm		DVAC	STR
	Thursday	5:30 – 7:30pm		DVAC	5:45 – 6:15pm
	Friday	5:30 – 7:30pm		DVAC	5:45 – 6:15pm
	Saturday**		8:45 – 11:00am	SRQP	STR
	Day	PM	AM	Location	Dryland
Senior - Elit 2	Monday	5:15– 7:30pm		DVAC	5:30 – 6:00pm
	Tuesday	5:15– 7:30pm		DVAC	5:30 – 6:00pm
	Wednesday	5:45 – 7:30pm		DVAC	STR
	Thursday	5:15– 7:30pm		DVAC	5:30 – 6:00pm
	Friday	5:15– 7:30pm		DVAC	5:30 – 6:00pm
	Saturday		8:45 – 11:00am	SRQP	STR
	Day	PM	AM	Location	Dryland
Senior - Elit 1	Monday	5:15 – 8:00pm		DVAC	5:30 – 6:00pm
	Tuesday	5:15 – 8:00pm		DVAC	5:30 – 6:00pm
	Wednesday	5:45 – 8:00pm		DVAC	STR
	Thursday	5:15 – 8:00pm		DVAC	5:30 – 6:00pm
	Friday	5:15 – 8:00pm		DVAC	5:30 – 6:00pm
	Saturday		8:45 – 11:00am	SRQP	STR
Elit 2, Elit 3, and All Senior Elit groups perform 15 min stretching (STR) every day before dryland or swim. **Elit 3 - Saturday: This session is exclusively for selected swimmers.					