

## ELIT Club Practice Schedule - SPRING 2026

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