

ELIT Club Practice Schedule - SPRING 2026

	Day	PM	AM	Location	Dryland
Elit 1	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	
Elit 2	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
Elit 3	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
	<i>Saturday**</i>		<i>8:45 – 11:00am</i>	<i>SROP</i>	<i>STR</i>
Senior - Elit 2	Day	PM	AM	Location	Dryland
	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
	<i>Saturday</i>		<i>8:45 – 11:00am</i>	<i>SROP</i>	<i>STR</i>
Senior - Elit 1		PM	AM	Location	Dryland
	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
	<i>Saturday</i>		<i>8:45 – 11:00am</i>	<i>SROP</i>	<i>STR</i>
<p>Elit 2, Elit 3, and All Senior Elit groups perform 15 min stretching (STR) every day before dryland or swim.</p> <p><i>**Elit 3 - Saturday: This session is exclusively for selected swimmers.</i></p>					