December 2026

S	M	T	W	R	F	S
		1 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	2 Senior II: 5:45am-7:45am (swim) ***6:00pm-7:30pm @ SJU*** Senior I: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: ***6:20pm-8:00pm @ SJU***	3 Senior II: 5:00-6:00pm (Swim) 6:15-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	4 Senior II: 5:45am-7:45am (swim) Senior I: ***6:00pm-7:45pm @ SJU*** Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: 5:30pm-7:00pm (NO Dryland)	5 **NO PRACTICES** **Picture day @ 7:30am!**
6 Mini: 9:00am–9:50am Novice: 9:00am-10:00am Junior I & II: 10:00am-11:30am-Swim	7 Senior I & II: ***6:00pm-8:00pm @ SJU*** Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	8 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	9 Senior I & II: 5:45am-7:45am (swim) ***6:00pm-7:30pm @ SJU*** Junior I: 5:30-7:15pm (Dryland) Junior II: ***6:20pm-8:00pm @ SJU***	10 Senior II: 5:00-6:00pm (Swim) 6:15-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	11 Senior I: ***6:00pm-7:45pm @ SJU*** Junior I: 6:00pm-7:15pm (NO Dryland) Junior II:6:00pm-7:15pm (NO Dryland)	12 **WA Speedo Classic** **FCA Holiday Meet**
13 **WA Speedo Classic** **FCA Holiday Meet**	14 Senior I & II: 5:00pm-6:30pm **NO JUNIOR PRACTICES THIS EVENING!**	15 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	16 Senior II: 5:45am-7:45am (swim) Senior I: 5:00-6:00pm (Swim) 6:00-7:15pm (Lift) Junior I & II: 5:30pm-6:00pm (Dryland) 6:00pm-7:30pm	17 Senior II: 5:00-6:00pm (Swim) 6:15-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	18 Senior II: 5:45am-7:45am (swim) Senior I: 5:00-6:00pm (Swim) 6:00-7:15pm (Lift) Junior I & II: 5:30pm-6:00pm (Dryland) 6:00pm-7:30pm	19 Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Mini: 9:00am–9:50am Novice: **9:00am-10:00am** Junior II: 10:00am-12:00pm
20 Mini: 9:00am–9:50am Novice: 9:00am-10:00am Junior I & II: 10:00am-11:30am-Swim	21 Senior I & II: 5:00pm-7:00pm Junior I: 6:30pm-7:00pm (Dryland) 7:00pm-8:15pm (Swim) Junior II: 6:30pm-7:00pm (Dryland) 7:00pm-8:30pm (Swim)	22 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	23 Senior II: 5:45am-7:45am (swim) Senior I: 5:00-6:00pm (Swim) 6:00-7:15pm (Lift) Junior I & II: 5:30pm-6:00pm (Dryland) 6:00pm-7:30pm	24 **NO PRACTICE!**	25 **NO PRACTICE!**	26 Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Mini: 9:00am–9:50am Novice: **9:00am-10:00am** Junior II: 10:00am-12:00pm
27 Mini: 9:00am–9:50am Novice: 9:00am-10:00am Junior I & II: 10:00am-11:30am-Swim	28 Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	29 Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Junior I: 5:00pm-6:30pm (Swim) Novice: 6:15pm-6:30pm (Dryland) 6:30pm-7:30pm (Swim)	30 Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	31 Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Junior I & II: 9:00am-10:30am	1-JANUARY **NO PRACTICE!**	2-JANUARY Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Mini: 9:00am–9:50am Novice: **9:00am-10:00am** Junior II: 10:00am-12:00pm © Carmen Morel 2020