

## 2026 Tentative SAC Practice Schedule

### Spring Practice Schedule

**April 21 – May 14**

Tuesdays and Thursdays: 3:00-4:00 and 4:00-5:00

8 total practices

\*Take one week off before starting summer practices

### Summer Practice Schedule

**May 26 – July 30**

Bronze (Coach Leila)- 2 groups – 3 practices a week (Mon/Tues/Thurs)

Silver (Coach Jack & Melanie)- 2-3 groups – 3 practices a week (Mon/Tues/Thurs)

Gold (Coach Anthony)- 2-3 groups – 3 practices a week (Mon/Tues/Thurs)

Group	Monday	Tuesday	Thursday
Gold A	9:00 – 10:00	8:00 – 9:00	8:00 – 9:00
Gold B	10:00 – 11:00	9:00 – 10:00	9:00 – 10:00
*Gold C (Only If Needed)	11:00 – 12:00	10:00 – 11:00	10:00 – 11:00
Silver A	9:00 – 10:00	8:00 – 9:00	8:00 – 9:00
Silver B	10:00 – 11:00	9:00 – 10:00	9:00 – 10:00
*Silver C (Only If Needed)	11:00 – 12:00	10:00 – 11:00	10:00 – 11:00
Bronze A	9:00 – 10:00	8:00 – 9:00	8:00 – 9:00
Bronze B	10:00 – 11:00	9:00 – 10:00	9:00 – 10:00

\*Because of our increase in numbers, swimmers may not stay for multiple level practices per day. Swimmers may also not change what level practices they show up to due to an increase in numbers. For example, if a swimmer is assigned to practice with Silver A they may not show up to Silver B or Silver C.

### Group Criteria

Bronze- swim one lap unassisted and without stopping

Silver- swim two laps unassisted and without stopping- freestyle and backstroke

Gold- swim three+ laps unassisted and without stopping- freestyle and backstroke