

2026 Spring Practice Schedule (Feb 2-Jun 6)

SENIOR DIVISION (High School Age)

		<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
NATIONAL	AM	Non-Junior Nationals -- Swim 5:25-7:20am @ Saratoga HS	Swim 5:25-7:20am @ Saratoga HS	Morning Track-- Swim 5:25-7:20am @ Saratoga HS	Swim 5:25-7:20am @ Saratoga HS	Morning Track-- Swim 5:25-7:20am @ Saratoga HS	<u>Girls</u> --DL 6:30- 7:30am ALL SWIM--7:30- 9:30am <u>Boys</u> --DL 9:30- 10:30am
	PM	Junior Nationals + Swim 4:00-6:30pm @ Peterson	<u>Boys</u> --Swim 4:00- 5:30pm; DL 5:30- 6:30pm <u>Girls</u> --DL 4:00- 5:00pm; Swim 5:00- 6:30pm @ Peterson	Afternoon Track-- Swim 4:00-6:00pm @ Peterson	<u>Girls</u> --Swim 4:00- 5:30pm; DL 5:30- 6:30pm <u>Boys</u> --DL 4:00- 5:00pm; Swim 5:00- 6:30pm @ Peterson	Afternoon Track-- Swim 4:00-6:00pm @ Peterson	OFF
SENIOR	AM	OFF	Swim 5:45-7:20am @ Saratoga HS	OFF	OFF	OFF	Swim 6:00-7:45am; DL 7:45-8:45am @ Peterson
	PM	Swim 4:00-6:00pm @ Peterson	OFF	Swim 4:00-5:30pm; DL 5:30-6:30pm @ Peterson	<u>Swim</u> 5:30-7:30pm @ MacDonald HS	Swim 4:00-5:30pm; TB 5:30-6:00pm @ Peterson	OFF
HIGH SCHOOL DEVELOPMENT	Swim 6:30-8:15pm @ Lynbrook	Swim 5:30-7:15pm @ Peterson	Swim 6:30-8:15pm @ Lynbrook	Swim 5:30-7:15pm @ Peterson	Swim 5:30-7:15pm @ Peterson	OFF	Swim 7:30-9:10am @ Mary Gomez

Peterson Middle School (1380 Rosalia Ave, Sunnyvale)

Saratoga High School (20300 Herriman Ave, Saratoga)

Lynbrook High School (1280 Johnson Rd, San Jose)

Mary Gomez Pool (651 Bucher Ave, Santa Clara)

MacDonald High School (3588 Zanker Rd, San Jose)

PRE-SENIOR**DIVISION**

(7th-8th Grades)

MON**TUE****WED****THU****FRI****SAT**

PRE-SENIOR 3	AM	OFF	OFF	OFF	Swim 5:45-7:20am @ Saratoga HS	OFF	DL 8:45-9:30am; Swim 9:30-11:15am @ Peterson
	PM	Swim 6:00-8:00pm @ Peterson	Swim 6:00-8:00pm @ MacDonald HS	DL 4:30-5:30pm; Swim 5:30-7:00pm @ Peterson	OFF	Swim 6:00-8:00pm @ Peterson	OFF
PRE-SENIOR 2		Swim 6:30-8:30pm @ Lynbrook	Swim 6:30-8:30pm @ Lynbrook	Swim 6:00-8:00pm @ MacDonald	Swim 6:30-8:30pm @ Lynbrook	TB 5:00-5:30pm; Swim 5:30-7:00pm @ Peterson	DL 9:00-9:30am; Swim 9:30-11:00am @ Peterson
PRE-SENIOR 1		Swim 6:30-8:15pm @ Lynbrook	Swim 6:30-8:15pm @ Lynbrook	Swim 6:30-8:15pm @ Lynbrook	Swim 6:30-8:15pm @ Lynbrook	OFF	Swim 9:10-10:50am @ Mary Gomez

GOLD DIVISION

(5th-6th Grades)

MON**TUE****WED****THU****FRI****SAT**

GOLD 3	Swim 6:00-8:00pm @ MacDonald HS	Swim 6:30-8:30pm @ Peterson	DL 6:15-7:00pm; Swim 7:00-8:30pm @ Peterson	Swim 6:30-8:30pm @ Peterson	TB 6:30-7:00pm; Swim 7:00-8:30pm @ Peterson	DL 10:45-11:15; Swim 11:15am-1:00pm @ Peterson
GOLD 2	Swim 6:30-8:30pm @ Lynbrook	Swim 6:30-8:30pm @ Lynbrook	Swim 6:30-8:30pm @ Lynbrook	Swim 6:30-8:30pm @ Lynbrook	OFF	DL 10:30-11:00am; Swim 11:00am-12:30pm @ Peterson
GOLD 1	Swim 6:30-8:15pm @ Lynbrook	Swim 6:30-8:15pm @ Lynbrook	Swim 6:30-8:15pm @ Lynbrook	Swim 6:30-8:15pm @ Lynbrook	OFF	Swim 10:50am-12:30pm @ Mary Gomez

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YELLOW**DIVISION**

(4th Grade and down)

MON**TUE****WED****THU****FRI****SAT**

YELLOW 3	Swim 6:45-8:15pm @ Mary Gomez	Swim 6:30-8:15pm @ Lynbrook	Swim 6:45-8:15pm @ Mary Gomez	DL/TB 5:00-6:15pm @ Peterson *With Y2	Swim 6:45-8:15pm @ Mary Gomez	Swim 12:30-2:00pm @ Peterson *With Y2
YELLOW 2	Swim 5:10-6:35pm @ Mary Gomez		Swim 5:10-6:35pm @ Mary Gomez	DL/TB 5:00-6:15pm @ Peterson *With Y3	Swim 5:10-6:35pm @ Mary Gomez	Swim 12:30-2:00pm @ Peterson *With Y3
YELLOW 1	Swim 4:00-5:00pm @ Mary Gomez	OFF	Swim 4:00-5:00pm @ Mary Gomez	OFF	Swim 4:00-5:00pm @ Mary Gomez	OFF

MON**TUE****WED****THU****FRI****SAT**

Masters	A M	6:00-7:00am @ Mary Gomez	6:00-7:00am @ Mary Gomez	OFF	6:00-7:00am @ Mary Gomez	6:00-7:00am @ Mary Gomez	6:00-7:30am @ Peterson
		7:00-8:00am @ Mary Gomez	7:00-8:00am @ Mary Gomez	OFF	7:00-8:00am @ Mary Gomez	7:00-8:00am @ Mary Gomez	OFF
		Sveta	Victory		Sveta	Victory	Sveta

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**MACDONALD HS
SITE**

MON

TUE

WED

THU

FRI

SAT

SENIOR	Swim 6:00-8:00pm	Swim 6:00-8:00pm	Swim 6:00-8:00pm	Swim 6:00-8:00pm	OFF	W/ International Groups (coach assigned)
PRE-SENIOR	Swim 6:00-7:45pm	Swim 6:00-7:45pm	Swim 6:00-7:45pm	Swim 6:00-7:45pm	OFF	W/ International Groups (coach assigned)
GOLD	Swim 6:30-8:00pm	Swim 6:30-8:00pm	Swim 6:30-8:00pm	Swim 6:30-8:00pm	OFF	W/ International Groups (coach assigned)
YELLOW	Swim 6:00-7:15pm	OFF	Swim 6:00-7:15pm	Swim 6:00-7:15pm	OFF	W/ International Groups (coach assigned)

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