

Saline Swim Team

Short Course 2025-26 Practice Schedule Outline

Please Note: The schedule below is an outline only. There will be weekly adjustments as we work around facility events, the number of training days will vary. A two week schedule will be published each week please pay attention to “Week Ahead” emails.

*** All Training will take place at Saline High School unless otherwise indicated ***

*** Swimmers are to report to the pool 10 minutes before their scheduled time***

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Senior: L: 4-5p W: 5-7p	Senior: W: 5-7p	Senior: L: 4-5p W: 5-7p	Senior: W: 5-7p	Senior: L: 4-5p W: 5-7p	Senior: L: 7-8a W: 8-10a	
Platinum: L: 5:30-6:30p W: 6:30-8p	Platinum: W: 6:30-8p	Platinum: L: 5:30-6:30p W: 6:30-8p	Platinum: W: 6-8p	Platinum: L: 5:30-6:30p W: 6:30- 8p	Platinum: W: 8-10a	
Steel 1&2: W: 7-8p	Steel 1&2: W: 7-8p	Steel 1&2: W: 7-8p	Steel 1&2: W: 7-8 p	Steel 1&2: W: 7-8p	Steel 2 (only): W: 11-12a	
Gold: W: 5-6:30p	Gold: L: 4-5p W: 5-6:30p	Gold: W: 5-6:30p	Gold: L: 4-5p W: 5-6 p	Gold: W: 5-6:30p	Gold: W: 8-9:30a	
Silver: W: 6:30-8 p	Silver: L: 4-5 p W: 5-6 p		Silver: L: 4-5 p W: 5-6 p	Silver: W: 5-6p	Silver: W: 9:30-11a	
	Bronze 2: W: 7-8p	Bronze 2: W: 7:15-8p	Bronze 2: W: 7-8p	Bronze 2: W: 7-8p	Bronze 2: W: 10-11a	
	Bronze 1: W: 6-7p	Bronze 1: W: 6:30 7:15p	Bronze 1: W: 6-7p	Bronze 1: W: 6-7p	Bronze 1: W: 10-11a	
Mini-Ray 2: W: 5:45-6:30p		Mini-Ray 2: W: 5:45-6:30p			Mini-Ray 2: W: 11-11:45a	
Mini-Rays 1: W: 5-5:45p		Mini-Rays 1: W: 5-5:45p			Mini-Rays 1: W: 11-11:45a	