

**Practice Schedule**  
**August 4 - August 9, 2025**  
**\*\*Times and Locations Subject to Change\*\***

**PreCompetitive Groups**

Group	Monday 8/4	Tuesday 8/5	Wednesday 8/6	Thursday 8/7	Friday 8/8	Saturday 8/9
<b>Stroke School #1 Freestyle/ Backstroke</b>	5:30 - 6:00 PM @ MMHS	5:30 - 6:00 PM @ MMHS	5:30 - 6:00 PM @ MMHS	5:30 - 6:00 PM @ MMHS	NO PRACTICE	NO PRACTICE
<b>Stroke School #2 Breaststroke/ Butterfly</b>	6:05-6:35 PM @ MMHS	6:05-6:35 PM @ MMHS	6:05-6:35 PM @ MMHS	6:05-6:35 PM @ MMHS	NO PRACTICE	NO PRACTICE
<b>Pre-Competitive</b>	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE	NO PRACTICE
<b>Age Group Bronze</b>	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE	NO PRACTICE
<b>Competitive Readiness</b>	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE	NO PRACTICE

**Age Group Competitive Levels**

Group	Monday 8/4	Tuesday 8/5	Wednesda y 8/6	Thursday 8/7	Friday 8/8	Saturday 8/9
<b>Age Group Gold</b>	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE
<b>Age Group Silver</b>	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE

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### Junior Competitive Groups

Group	Monday 8/4	Tuesday 8/5	Wednesday 8/6	Thursday 8/7	Friday 8/8	Saturday 8/9
Junior Bronze	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE
Junior Silver	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE
Junior Gold	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE

### Senior Competitive Groups

Group	Monday 8/4	Tuesday 8/5	Wednesday 8/6	Thursday 8/7	Friday 8/8	Saturday 8/9
Senior Bronze	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE
Senior Silver	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE  *Team Break*	NO PRACTICE
Senior Gold	NO PRACTICE	NO PRACTICE  *Team Break*	NO PRACTICE	NO PRACTICE	NO PRACTICE	NO PRACTICE

	<b>*Team Break*</b>		<b>*Team Break*</b>	<b>*Team Break*</b>	<b>*Team Break*</b>	
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#### **Masters Swim**

<b>Group</b>	<b>Monday 8/4</b>	<b>Tuesday 8/5</b>	<b>Wednesday 8/6</b>	<b>Thursday 8/7</b>	<b>Friday 8/8</b>	<b>Saturday 8/9</b>
<b>Masters</b>	<b>NO PRACTICE</b>	NO PRACTICE	<b>NO PRACTICE</b>	NO PRACTICE	<b>NO PRACTICE</b>	NO PRACTICE

**MMHS = Murrieta Mesa High School**

**VMHS= Vista Murrieta High School**

**CRC= Temecula Recreation Center**

**CHS = Chaparral High School**

**GOHS= Great Oak High School**

**TVHS= Temecula Valley High School**

**DZ= Drop Zone**

**TES= Temecula Elementary School**