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
Stroke School #1	5:30 -	5:30 -	5:30 - 6:00	5:30 - 6:00	NO	NO
Freestyle/	6:00 PM	6:00 PM	PM @	PM @	PRACTICE	PRACTICE
Backstroke	@ MMHS	@ MMHS	MMHS	MMHS		
Stroke School #2	6:05-6:35	6:05-6:35	6:05-6:35	6:05-6:35	NO	NO
Breaststroke/	PM @	PM @	PM @	PM @	PRACTICE	PRACTICE
Butterfly	MMHS	MMHS	MMHS	MMHS		
Pre-Competitive	NO	NO	NO	NO	NO	NO
	PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE
	*Team	*Team	*Team	*Team		
	Break*	Break*	Break*	Break*		
Age Group	NO	NO	NO	NO	NO	NO
Bronze	PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE
	*Team	*Team	*Team	*Team		
	Break*	Break*	Break*	Break*		
Competitive	NO	NO	NO	NO	NO	NO
Readiness	PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE
	*Team	*Team	*Team	*Team		
	Break*	Break*	Break*	Break*		

Age Group Competitive Levels

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

Senior Competitive Groups

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

*Team	*Team	*Team	*Team
Break*	Break*	Break*	Break*

Masters Swim

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