

## UVAC Swim Team Practice Schedule 2025 Long Course Season

### WHITE RIVER JUNCTION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours Per Week
<b>Developmental</b>	4:30 - 5:15 PM	<i>NO PRACTICE</i>	4:30 - 5:15 PM	<i>NO PRACTICE</i>	4:30 - 5:15 PM	9:00 - 9:45 AM	<i>NO PRACTICE</i>	3 hours
<b>Junior I</b>	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	9:00 - 9:45 AM	<i>NO PRACTICE</i>	5 hrs 45 mins
<b>Junior II</b>	5:15 - 6:45 PM	4:30 - 6:00 PM	5:15 - 7:00 PM	4:30 - 6:00 PM	5:15 - 7:00 PM	9:45 - 11:30 AM	<i>NO PRACTICE</i>	9 hrs 45 mins
<b>Senior I</b>	3:30 - 6:00 PM	3:45 - 6:00 PM	3:30 - 6:00 PM	3:45 - 6:00 PM	3:30 - 6:00 PM	8:30 - 11:00 AM	<i>NO PRACTICE</i>	14 hrs 30 mins
<b>Senior II</b>	3:30 - 6:00 PM	3:45 - 6:00 PM	3:30 - 6:30 PM	3:45 - 6:00 PM	3:30 - 6:30 PM	8:30 - 11:00 AM	<i>NO PRACTICE</i>	15 hrs 30 mins***

### NEW LONDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours Per Week
<b>Developmental</b>	<i>NO PRACTICE</i>	4:30 - 5:15 PM	<i>NO PRACTICE</i>	4:30 - 5:15 PM	<i>NO PRACTICE</i>	<i>NO PRACTICE</i>	<i>NO PRACTICE</i>	1 hr 30 mins
<b>Junior</b>	4:30 - 5:45 PM	<i>NO PRACTICE</i>	4:30 - 5:45 PM	5:00 - 6:15 PM	<i>NO PRACTICE</i>	<i>NO PRACTICE</i>	<i>NO PRACTICE</i>	3 hrs 45 mins

**\*\*\*Senior II's Dartmouth Long Course Schedule TBD**

**- Swim Meets are typically Saturdays & Sundays -**

**Summer Flex: No more than two practices per week and no meets**