

SwimRise Winter Break Training Schedule 2026

Group Name	Saturday 12/19	Sunday 12/20	Monday 12/21	Tuesday 12/22	Wednesday 12/23	Thursday 12/24	Friday 12/25
Prep-Team	OFF	OFF	10:00am-11:00am	OFF	10:00am-11:00am	OFF	OFF
Sunrise	OFF	OFF	10:00am-11:00am	OFF	10:00am-11:00am	OFF	OFF
Sunshine	OFF	OFF	9:30am-11:00am	9:30am-11:00am	9:30am-11:00am	OFF	OFF
AG Classic	8:00am-9:00am D1 9:30am-11:00am	OFF	8:00am-9:30am	8:00am-9:30am 4:00pm-5:30pm	8:00am-9:30am	OFF	OFF
AG Performance	8:00am-9:00am D1 9:30am-11:00am	OFF	8:00am-10:00am 4:00pm-5:30pm	8:00am-10:00am	8:00am-10:00am 4:00pm-5:30pm	8:00am-10:00am	OFF
Senior	9:00am-11:30am	OFF	8:00am-9:30am 10:00am-11:00am D1	8:00am-10:00am 3:30pm-5:30pm	8:00am-9:30am 10:00am-11:00am D1	8:00am-10:00am	OFF
Senior Elite	9:00am-12:00pm	OFF	8:00am-10:30am 3:30pm-5:30pm	7:00am-8:00am D1 8:30am-10:30am	8:00am-10:30am 3:30pm-5:30pm	7:00am-8:00am D1 8:30am-10:30am	OFF
Rise Up Plus (All Abilities)	OFF	OFF	OFF	10:00am-11:00am	OFF	OFF	OFF
Group Name	Saturday 12/26	Sunday 12/27	Monday 12/28	Tuesday 12/29	Wednesday 12/30	Thursday 12/31	Friday 1/1
Prep-Team	OFF	OFF	10:00am-11:00am	OFF	10:00am-11:00am	OFF	OFF
Sunrise	OFF	OFF	10:00am-11:00am	OFF	10:00am-11:00am	OFF	OFF
Sunshine	OFF	OFF	9:30am-11:00am	9:30am-11:00am	9:30am-11:00am	OFF	OFF
AG Classic	8:00am-9:00am D1 9:30am-11:00am	OFF	8:00am-9:30am	8:00am-9:30am 4:00pm-5:30pm	8:00am-8:30am Dryland @ UNF 8:30am-10:00am	8:00am-9:30am	OFF
AG Performance	8:00am-9:00am D1 9:30am-11:00am	OFF	8:00am-10:00am 4:00pm-5:30pm	8:00am-10:00am	8:00am-10:00am 4:00pm-5:30pm	8:00am-10:00am	OFF
Senior	9:00am-11:30am	OFF	8:00am-9:30am 10:00am-11:00am D1	8:00am-10:00am 3:30pm-5:30pm	8:00am-9:30am 10:00am-11:00am D1	8:00am-10:00am	OFF
Senior Elite	9:00am-12:00pm	OFF	8:00am-10:30am 3:30pm-5:30pm	7:00am-8:00am D1 8:30am-10:30am	8:00am-10:30am 3:30pm-5:30pm	7:00am-8:00am D1 8:30am-10:30am	OFF
Rise Up Plus (All Abilities)	OFF	OFF	OFF	10:00am-11:00am	OFF	OFF	OFF
Group Name	Saturday 1/2	Sunday 1/3					
Prep-Team	OFF	OFF					
Sunrise	OFF	OFF					
Sunshine	OFF	OFF					
AG Classic	8:00am-9:00am D1 9:30am-11:00am	OFF					
AG Performance	8:00am-9:00am D1 9:30am-11:00am	OFF					
Senior	9:00am-11:30am	OFF					
Senior Elite	9:00am-12:00pm	OFF					
Rise Up Plus (All Abilities)	OFF	OFF					