

SwimRise Aquatics

2026 Fall Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Elite	5:00 PM–7:30 PM	D1: 4:45 PM–5:45 PM 6:00 PM–7:30 PM	5:00 PM–7:30 PM	D1: 4:45 PM–5:45 PM 6:00 PM–7:30 PM	5:00 PM–7:00 PM	10:00 AM–12:00 PM
Senior	D1: 4:45 PM–5:45 PM 5:00 PM–7:00 PM	5:00 PM–7:00 PM	D1: 4:45 PM–5:45 PM 6:00 PM–7:00 PM	5:00 PM–7:00 PM	6:00 PM–7:00 PM	10:00 AM–12:00 PM
Age Group Performance	5:30 PM–7:30 PM	5:30 PM–7:30 PM	Dryland: 5:30 PM–6:30 PM 6:30 PM–7:30 PM	5:30 PM–7:30 PM	5:30 PM–7:00 PM	D1: 8:30 AM–9:30 AM 10:00 AM–11:30 AM
Age Group Classic	5:30 PM–7:00 PM	5:30 PM–7:00 PM	5:30 PM–6:30 PM Dryland: 6:30 PM–7:30 PM	5:30 PM–7:00 PM	5:30 PM–7:00 PM	D1: 8:30 AM–9:30 AM 10:00 AM–11:30 AM
Sunshine	4:00 PM–5:30 PM	5:00 PM–6:00 PM	4:00 PM–5:30 PM	5:00 PM–6:00 PM	4:00 PM–5:30 PM	—
Sunrise	4:00 PM–5:00 PM	—	4:00 PM–5:00 PM	—	4:00 PM–5:00 PM	—
Masters	7:00 PM–8:00 PM	7:00 PM–8:00 PM	7:00 PM–8:00 PM	7:00 PM–8:00 PM	7:00 PM–8:00 PM	—
Rise-Up Plus	3:00 PM–4:00 PM	—	3:00 PM–4:00 PM	—	—	—
Sunrise Prep	4:00 PM–5:00 PM	—	4:00 PM–5:00 PM	—	—	—