

UVAC Swim Team Practice Schedule 2025 Spring & Summer Season

WHITE RIVER JUNCTION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours Per Week
Developmental	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
Junior I	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
Junior II	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM	9:00 - 11:00 AM	<i>NO PRACTICE</i>	9 hrs 30 mins
Pre Senior	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
Senior	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
Developmental	<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
Junior	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's Dartmouth Long Course Schedule TBD**
- Swim Meets are typically Saturdays & Sundays -
Summer Flex: No more than two practices per week and no meets