

ABSC Master Practice Schedule - 2025/2026 Swim Year

School-Year Schedule: August 25th, 2025 - May 22nd, 2026

Draft 1: Subject to Adjustments until we begin practice on 8/25/2025

| Group | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--|---|--|---|--|
| Gups | M/W/F Group: 4-5P Sum. Hill Late Gups: 6-7P Sum. Hill | T/T/F Group: 4-5P Sum. Hill | M/W/F Group: 4-5P Sum. Hill Late Gups: 6-7P Sum. Hill | T/T/F Group: 4-5P Sum. Hill | Both Oconee Groups 4-5P Sum. Hill Late Gups: 6-7P Sum. Hill |
| Pups | M/W/F Group: 4:45-6:00P Sum. Hill Late Pups: 5:45-7P Sum. Hill | T/T/F Group: 4:45-6:00P Sum. Hill | M/W/F Group: 4:45-6:00P Sum. Hill Late Pups: 5:45-7P Sum. Hill | T/T/F Group: 4:45-6:00P Sum. Hill | Both Groups: 4:45-6P Sum Hill Late Pups: 5:45-7P Sum Hill |
| Supers | 5:45-7:00P Sum. Hill | 5:30-7:00P Sum. Hill | 5:45-7:00P Sum. Hill | 5:30-7:00P Sum. Hill | 4:30-5:45P PM OAR |
| Dawgs Flex | 5:45-7:00 PM OAR | 5:45-7:00 PM OAR | 5:45-7:00 PM OAR | 5:45-7:00 PM OAR | Off |
| Dawgs 2 | 4:30-6:00P OAR | 5:30-7:00A Summer Hill 4:30-6:00P OAR | 4:30-6:00P OAR | 4:30-6:00P OAR | 5:30-7:00P Ramsey |
| Dawgs 1 | 5:30-7:00P Ramsey | 5:30-7:00P Ramsey | 5:30-7A Summer Hill 5:30-7:00P Ramsey | 5:30-7:00P Ramsey | 5:30-7:00P Ramsey |
| Senior 2 | 5:30-7:30P Ramsey | 5:30-7:30P Ramsey | 5:30-7:30P Ramsey | 5:30-7A Summer Hill 5:30-7:30P Ramsey | 5:15-7P OAR |
| Senior 1 | 5:30-7:30P Ramsey | 5:15-7:15A Summer Hill 5:30-7P Ramsey | 5:30-7:30P Ramsey | 5:30-7:30P Ramsey | 5:15-7:15A Summer Hill +Saturday 6-8A SH |
| Senior Flex | 5:45-7:00 PM OAR | 5:45-7:00 PM OAR | 5:45-7:00 PM OAR | 5:45-7:00 PM OAR | Off |
| Home School | HS Senior: 1:10-2:25 HS Age Group: 1:10-2:25 HS Junior: 1:10-2:10 | Off | HS Senior: 1:10-2:40 HS Age Group: 1:10-2:25 HS Junior: 1:10-2:10 | HS Senior: 1:10-2:40 HS Age Group: 1:10-2:25 | HS Senior: 1:10-2:25 HS Age Group: 1:10-2:25 HS Junior: 1:10-2:10 |
| Masters | 6-7a OAR 8:30-9:30a Sum Hill Dryland (\$20) 9:45-10:30 SH | Off | 6-7a OAR 8:30-9:30a Sum Hill | By Request | 6-7a OAR 8:30-9:30a Sum Hill + SATURDAY 7-8a YWCO |