



Napa Valley Swim Team 2026 Fall Practice Schedule

This practice schedule will begin on Tuesday, August 18. We have not yet determined our winter practice schedule but we anticipate moving to Vintage starting on or around November 27, 2026.

PRACTICE GROUP	DAYS OF THE WEEK	TIME
Novice I	M-Th	5:00-5:30 PM w/ Coach Gina
Novice II	M-Th F	5:00-5:30 PM w/ Coach Jack 4:00-4:45 PM w/ Coach Jack
Junior Varsity	M-F	4:00-5:00 PM w/ Coach Jack
Age Group I	M-F	4:00-5:00 PM w/ Coach Gina
Age Group II	M-F	4:00-5:00 PM w/ Coach Gina
Advanced Age Group	M-F Sat	4:00-5:15 PM w/ Coach Kian 8:00-10:00 AM w/ Coach Kian (with Srs)
Pre-Senior	M-F Sat	5:00-6:30 PM w/ Coach Jack 8:00-10:00 AM w/ Coach Kian (with Srs)
Senior Swim Senior Swim Senior Dryland	M-F Sat MWF	5:00-7:00 PM w/Coach Kian 8:00-10:00 AM 6:00-7:30 AM @ Napa High

The accommodation of all the user groups at the Napa Valley College pool may require us to modify this schedule at any time, either temporarily or permanently. We will also consider changes in schedule if an opportunity for a more convenient or otherwise beneficial schedule becomes available. We may also have to change the schedule to reflect the availability of our coaches. Thank you for your understanding.

Please remember that in compliance with Napa Valley Swim Team, Napa Valley College, and USA Swimming policy, all who wish to watch NVST training sessions must do so from the bleacher area. Only swimmers and coaches are allowed on the deck. We appreciate your cooperation in helping us to maintain a safe, focused, and effective teaching and training environment, and in helping us prevent any jeopardizing of our insurance.

Updated Jul 30, 2026