



2025/2026 Short Course Practice Schedule

First Colony Area

Beginning September 2nd, 2025

This schedule is TENTATIVE and subject to change

DEVELOPMENTAL DIVISION			
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	LOCATION
White Group	Monday, Wednesday, & Friday	4:45-5:45 PM	Colony Grant 8
Red Group A	Monday, Wednesday, & Friday	6:00-7:00 PM	Colony Grant 8
Red Group B	Tuesday, Thursday, & Friday	4:45-5:45 PM	Colony Grant 8
Red Group C	Tuesday, Thursday, & Friday	6:00-7:00 PM	Colony Grant 8
Blue Group	Monday - Thursday	5:00-6:15 PM	Colony Grant 6
	Saturday	8:00-9:15 AM	Colony Grant 6

Pool Locations:

First Colony Aquatic Center (AC)- 4350 Austin Parkway
Club at New Territory (NT)- 1200 Walker School Rd.

Colony Grant 6 (CG 6)- 2475 Robinson Ferry
Colony Grant 8 (CG 8)- 2475 Robinson Ferry



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AGE GROUP DIVISION			
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	LOCATION
Age Group 1	Monday, Tuesday, & Thursday	4:45-6:15 PM	Aquatic Center
	Friday	4:45-6:00 PM	Aquatic Center
	Saturday	7:30-9:00 AM	Aquatic Center
Age Group 2	Monday - Thursday	6:15-7:45 PM	Colony Grant 6
	Saturday	9:15-10:45 AM	Colony Grant 6
Age Group 3	Monday - Thursday	6:15-8:00 PM	Aquatic Center
	Friday	6:00-7:30 PM	Aquatic Center
	Saturday	9:00-10:30 AM	New Territory
Age Group 4	Monday - Thursday	5:45-7:45 PM	Aquatic Center
	Friday	5:45-7:15 PM	Aquatic Center
	Saturday	9:00-11:00 AM	Aquatic Center
Pre-Senior 2	Monday - Thursday	6:00-8:00 PM	Aquatic Center
	Friday	6:00-7:30 PM	Aquatic Center
	Saturday	8:30-11:00 AM	Aquatic Center
Pre-Senior 3	Monday - Thursday	5:30-7:45 PM	Aquatic Center
	Friday	5:30-7:15 PM	Aquatic Center
	Saturday	8:30-11:00 AM	Aquatic Center

Pool Locations:

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Colony Grant 6 (CG 6)- 2475 Robinson Ferry
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SENIOR DIVISION			
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	LOCATION
Senior 3	Monday	3:30-6:45 PM	Aquatic Center
	Tuesday - Friday	3:30-5:30 PM	Aquatic Center
	Saturday	6:30-10:00 AM	Aquatic Center
Senior Elite	Monday	3:30-6:45 PM	Aquatic Center
	Tuesday - Thursday	3:30-5:45 PM	Aquatic Center
	Friday	3:30-5:30 PM	Aquatic Center
	Saturday	6:30-10:00 AM	Aquatic Center

Pool Locations:

First Colony Aquatic Center (AC)- 4350 Austin Parkway
Club at New Territory (NT)- 1200 Walker School Rd.

Colony Grant 6 (CG 6)- 2475 Robinson Ferry
Colony Grant 8 (CG 8)- 2475 Robinson Ferry