

NSWC MARLINS 2026 MAY 1 - MAY 31 PRACTICE SCHEDULE

MINIS - Starting June 1

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM
PM

INTROS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	8:00-10:00 clinic	
PM	3:45-4:00 dryland 4:00-5:00 swim	4:45-5:00 dryland 5:00-6:00 swim	3:45-4:00 dryland 4:00-5:00 swim	4:45-5:00 dryland 5:00-6:00 swim	3:45-4:00 dryland 4:00-5:00 swim	..	

JUNIORS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	8:00-10:00 clinic	
PM	4:30-5:00 dryland 5:00-6:00 swim	3:45-4:00 dryland 4:00-5:00 swim	4:30-5:00 dryland 5:00-6:00 swim	3:45-4:00 dryland 4:00-5:00 swim	4:30-5:00 dryland 5:00-6:00 swim

INTERMEDIATES

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6:30-6:45 dryland 6:45-7:45 swim		6:30-6:45 dryland 6:45-7:45 swim	..	6:30-6:45 dryland 6:45-7:45 swim	8:00-10:00 clinic	..
PM	5:30-6:00 dryland 6:00-7:00 swim	5:30-6:00 dryland 6:00-7:00 swim	5:30-6:00 dryland 6:00-7:00 swim	5:30-6:00 dryland 6:00-7:00 swim	5:30-6:00 dryland 6:00-7:00 swim

SENIORS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6:30-6:45 dryland 6:45-7:45 swim	..	6:30-6:45 dryland 6:45-7:45 swim		6:30-6:45 dryland 6:45-7:45 swim	8:00-10:00 clinic	..
PM	6:30-7:00 dryland 7:00-8:00 swim	6:30-7:00 dryland 7:00-8:00 swim	6:30-7:00 dryland 7:00-8:00 swim	6:30-7:00 dryland 7:00-8:00 swim	6:30-7:00 dryland 7:00-8:00 swim