



2026-27 Sparks Piranhas Short Course Practice Schedule

Beginning Wednesday, August 12, 2026



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	OFF	OFF	OFF	OFF	5:00 - 5:30 pm S	10:00 - 10:30 am S
Yellow	OFF	<i>Current Yellow Group swimmers, choose 2 of the 3 days to swim with Yellow Adv.</i>			5:00 - 5:30 pm S	10:00 - 10:30 am S
Yellow Adv	OFF	5:30 - 6:15 pm S	5:30 - 6:15 pm S	5:30 - 6:15 pm S	OFF	11:15 - 12:00 pm S
Black	OFF	4:00 - 5:20 pm S/D	4:00 - 5:20 pm S/D	4:00 - 5:20 pm S/D	4:00 - 5:00 pm S	OFF
Bronze	6:00 - 7:00 pm S	5:00 - 6:30 pm S/D	5:00 - 6:30 pm S/D	5:00 - 6:00 pm S	OFF	10:30 - 11:15 am S
Silver	7:00 - 8:15 pm S	6:00 - 7:30 pm S/D	6:00 - 7:30 pm S/D	6:00 - 7:00 pm S	OFF	10:30 - 11:30 am S
Senior	5:40 - 6:30 pm D 6:50 - 8:15 pm S	6:45 - 7:10 pm D 7:15 - 8:30 pm S	5:40 - 6:30 pm D 6:50 - 8:15 pm S	6:45 - 7:10 pm D 7:15 - 8:30 pm S	4:30 - 5:30 pm S	10:00 - 12:00 pm S
Gold	5:00 - 6:30 pm S/D	6:45 - 8:30 pm D/S	6:45 - 8:30 pm D/S	7:15 - 8:30 pm S	4:00 - 5:30 pm S/D	10:00 - 12:00 pm S
Varsity	4:00 - 5:00 pm S OR ** 6:50 - 8:15 pm S	6:50 - 8:30 pm S	6:50 - 8:30 pm S	6:50 - 8:30 pm S	4:00-5:30 pm S	10:00 am - 12:00 pm S
Velocity	4:00 - 5:00 pm S	4:00 - 5:00 pm S	6:50 - 8:30 pm S	4:00 - 5:00 pm S	4:00-5:30 pm S	10:00 - 12:00 pm S OR 10:00 - 11:00 am S OR Strength Training *
Bellatores	4:00 - 5:00 pm S	6:00 - 7:15 am S 6:50 - 8:30 pm S	6:00 - 7:15 am S AND/OR 6:50 - 8:30 pm S	6:00 - 7:15 am S 6:50 - 8:30 pm S	4:00 - 5:30 pm S	10:00 - 12:00 pm S

Swim practice is held at Alf Sorensen Pool (1400 Baring Blvd)

S - Swim Only

D/S - Dryland, then Swim

* Strength Training (dryland, weights, pilates/yoga, etc. on your own)

D - Dryland Only

S/D - Swim, then Dryland

Revised 7/9/26

** Atsuko will divide Varsity into two groups; each group will alternate between times they practice each week, i.e. one week 4-5 pm, the next week 6:50-8:15 pm