

COLA Summer 2026 Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Senior (Blue + Orange)	6:45 - 9a (O) 3:15 - 5:15 (I)	6:45 - 9a (O) 3:15 - 5:15 (I)	6:45 - 9a (O)	6:45 - 9a (O) 3:15 - 5:15 (I)	6:45 - 9a (O)	7:30 - 10:30a (I)		Dryland Only Swim Only
Pre-Senior Blue	7:15 - 9a (I)	7:15 - 9a (I) 3:30 - 5:30p (I)	6:45 - 9a (O)	7:15 - 9a (I) 3:30 - 5:30p (I)	7:15 - 9a (I)	7:30 - 9:30a (I)		Dryland + Swim
Pre-Senior Orange	7:15 - 9a (I)	7:15 - 9a (I) 4:30 - 5:30p (I)	7:15 - 9a (I)	7:15 - 9a (I) 4:30 - 5:30p (I)	7:15 - 9a (I)	7:30 - 9:30a (I)	(I) (O)	Indoor Pool Outdoor Pool
Pre-Senior White	7:15 - 9a (I)	4:30 - 6:30p (I)	4:30 - 6p (I)	7:15 - 9a (I) 4:30 - 6:30p (I)	7:15 - 9a (I)	7:30 - 9:30a (I)		
Junior Blue	7:30 - 9a (I)	7:15 - 9a (I) 4:30 - 5:30p (I)	7:30 - 9a (I)	7:30 - 9a (I) 4:30 - 5:30p (I)	7:15 - 9a (I)	7:30 - 9:30a (I)		
Junior Orange	7:30 - 9a (I)	7:30 - 9a (I) 4:30 - 5:30p (I)	7:30 - 9a (I)	7:30 - 9a (I) 4:30 - 5:30p (I)	7:30 - 9a (I)			*Tuesday/Thursday 4:30-5:30 is open to any 11 & Over swimmer.
Pre-Junior	5:30 - 6:45p (I)	5:30 - 6:45p (I)	5:30 - 6:45p (I)	5:30 - 6:45p (I)				
Varsity	6 - 7p (I)	11:00a - 12:00p (O) 6 - 7p (I)	12:30 - 1:30p (I) 6 - 7p (I)	11:00a - 12:00p (O) 6 - 7p (I)				
Age Group	6 - 7p (I)	11:00a - 12:00p (O) 6 - 7p (I)	12:30 - 1:30p (I) 6 - 7p (I)	11:00a - 12:00p (O) 6 - 7p (I)				
Middle School	6 - 7p (I)	11:00a - 12:00p (O) 6 - 7p (I)	12:30 - 1:30p (I) 6 - 7p (I)	11:00a - 12:00p (O) 6 - 7p (I)				
Special Needs		2:00 - 3:00p (I)		2:00 - 3:00p (I)				