

Lake Country Swim Team Practice Schedule

2025-26 Short Course (Part 2: November 23-January 3)

Key: X = No Practice

AM = Morning Practice

PM = Afternoon/Evening Practice

D = Dryland Practice

W = Water Practice

(WN) = Practice is at Waukesha North High School

(A) = Practice at Arrowhead for HHS Group

(G) = Practice at Germantown

(RC) = Practice at Hartford Rec Center

* = Dryland activity before water practice

ARROWHEAD POOL		Sunday 23-Nov	Monday 24-Nov	Tuesday 25-Nov	Wednesday 26-Nov	Thursday 27-Nov	Friday 28-Nov	Saturday 29-Nov
Senior Gold	AM	Western Great	X	X	9:00-11:00	Thanksgiving	9:00-11:00	11:00-12:30
	D	Lakes Open	X	5:10-6:00	X	X	X	10:00-10:50
	PM		3:00-4:50	3:00-5:00	X	X		X
Senior Sterling Silver	AM	Western Great	X	X	9:00-11:00	Thanksgiving	9:00-11:00	11:00-12:30
	D	Lakes Open	X	5:10-6:00	X	X	X	10:00-10:50
	PM		3:00-4:50	3:00-5:00	X	X	X	X
Senior Silver	AM	Western Great	X		11:00-1:00	Thanksgiving	11:00-1:00	X
	D	Lakes Open	X	6:40-7:40	X	X	X	X
	PM		5:45-7:45 (WN)	5:00-6:30	X	X	X	X
Senior Bronze	D	Western Great	X	6:40-7:40	X	Thanksgiving	x	X
	W	Lakes Open	5:45-7:45 (WN)	5:00-6:30	11:00-1:00	X	11:00-1:00	X
Juniors	W	WGLO	6:20-8:15*	6:30-8:00	3:00-5:00	Thanksgiving	3:00-5:00	X
Age Group Gold	W	WGLO	6:50-8:15	X	6:50-8:15	Thanksgiving	7:00-8:15	X
Age Group Silver	W	WGLO	5:50-6:50	X	5:50-6:50	Thanksgiving	5:30-7:00*	X
Age Group Bronze	W	WGLO	5:50-6:50	X	5:50-6:50	Thanksgiving	5:00-6:00	X
Super 8	W	WGLO	5:50-6:50	X	5:50-6:50	Thanksgiving	5:00-6:00	X
Ribbon	W	X	5:00-5:50	X	5:00-5:50	X	X	
HARTFORD POOL		23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
HHS-Seniors	AM	Western Great			9:00-11:00 (A)	X	9:00-11:00 (A)	11:00-12:30 (A)
	D	Lakes Open		5:10-6:00 (A)	X	X	X	10:00-10:50 (A)
	W		3:00-4:50 (A)	3:00-5:00 (A)	X	Thanksgiving	X	
HHS-JVHS Seniors	W	WGLO	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	Western Great	X	6:40-7:40 (A)	X	X	X	X
	W	Lake Open	X	5:00-6:30 (A)	11:00-1:00 (A)	Thanksgiving	11:00-1:00 (A)	X
HHS Juniors	W	WGLO	6:20-8:15* (A)	6:30-8:00 (A)	3:00-5:00 (A)	Thanksgiving	4:30-6:00 (RC)	X
HHS Age Group Gold	W	WGLO	6:50-8:15 (A)	4:30-5:30 (RC)	X	Thanksgiving	4:30-6:00 (RC)	X
HHS Age Group Silver	W	WGLO	5:50-6:50 (A)	4:30-5:30 (RC)	X	Thanksgiving	4:30-6:00 (RC)	X
HHS Age Group Bronze	W	WGLO	5:50-6:50 (A)	4:30-5:30 (RC)	X	Thanksgiving	5:00-6:00 (RC)	X
HHS Super 8	W	WGLO	5:50-6:50 (A)	4:30-5:30 (RC)	X	Thanksgiving	5:00-6:00 (RC)	X

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ARROWHEAD POOL		Sunday 30-Nov	Monday 1-Dec	Tuesday 2-Dec	Wednesday 3-Dec	Thursday 4-Dec	Friday 5-Dec	Saturday 6-Dec
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D	X	X	X	7:10-8:00	5:00-5:50	X	9:10-10:00
	PM	X	5:45-7:45 (WN)	5:45-7:45 (WN)	5:50-7:00	3:00-4:50	X	X
Senior Sterling Silver	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D	X	X	X	7:10-8:00	5:00-5:50	X	9:10-10:00
	PM	X	5:45-7:45 (WN)	5:45-7:45 (WN)	5:50-7:00	3:00-4:50	X	X
Senior Silver	AM	X	X	X		X	X	9:00-10:30
	D	X	X	X	6:00-6:50	X	X	8:00-8:50
	PM	X	5:45-7:45 (WN)	7:00-8:30	7:00-8:30	X	5:45-7:45 (WN)	X
Senior Bronze	D	X	X	X	6:00-6:50	X	X	9:00-10:30
	W	X	X	7:00-8:30	7:00-8:30	X	5:45-7:45 (WN)	8:00-8:50
Juniors	W	X	6:30-8:15*	X	X	5:45-7:45 (WN)	6:20-8:15*	SWAT Meet
Age Group Gold	W	X	5:20-7:00	Blaze v Wings Dual @ AHS	X	5:45-7:45 (WN)	6:50-8:15	SWAT Meet
Age Group Silver	W	X	7:00-8:15		X	X	5:50-6:50	SWAT Meet
Age Group Bronze	W	X	4:50-5:50		X	X	5:50-6:50	SWAT Meet
Super 8	W	X	4:50-5:50		X	X	5:50-6:50	SWAT Meet
Ribbon	W	X	X	X	5:00-5:50	X	5:00-5:50	X
HARTFORD POOL		30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
HHS-Seniors	AM	X	5:30-6:45 (A)	X	5:30-6:45 (A)	X	X	7:00-9:00 (A)
	D	X	X	X	7:10-8:00 (A)		X	9:10-10:00 (A)
	W	X	5:45-7:45 (WN)	7:00-8:30 (G)	5:50-7:00 (A)	7:00-8:30 (G)	5:45-7:45 (WN)	X
HHS-JVHS Seniors	W	X	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	X	X	X	6:00-6:50 (A)	X	X	9:00-10:30 (A)
	W	X	5:45-7:45 (WN)	7:00-8:30 (G)	7:00-8:30 (A)	7:00-8:30 (G)	5:45-7:45 (WN)	8:00-8:50 (A)
HHS Juniors	W	X	6:30-8:15* (A)	X	X	4:30-5:30 (RC)	5:00-6:00 (RC)	SWAT Meet
HHS Age Group Gold	W	X	5:20-7:00 (A)	Blaze v Wings Dual @ AHS	X	4:30-5:30 (RC)	5:00-6:00 (RC)	SWAT Meet
HHS Age Group Silver	W	X	7:00-8:15 (A)		X	4:30-5:30 (RC)	5:00-6:00 (RC)	SWAT Meet
HHS Age Group Bronze	W	X	4:50-5:50 (A)		X	4:30-5:30 (RC)	5:00-6:00 (RC)	SWAT Meet
HHS Super 8	W	X	4:50-5:50 (A)		X	4:30-5:30 (RC)	5:00-6:00 (RC)	SWAT Meet

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ARROWHEAD POOL		Sunday 7-Dec	Monday 8-Dec	Tuesday 9-Dec	Wednesday 10-Dec	Thursday 11-Dec	Friday 12-Dec	Saturday 13-Dec
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D	X	X	X	7:10-8:00	5:10-5:50	X	9:10-10:00
	PM	X	5:45-7:45 (WN)	5:45-7:45 (WN)	5:50-7:00	3:00-5:00	X	X
Senior Sterling Silver	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D	x	X	X	7:10-8:00	5:10-5:50	X	9:10-10:00
	PM	X	5:45-7:45 (WN)	5:45-7:45 (WN)	5:50-7:00	3:00-5:00	X	X
Senior Silver	AM	X	X	X		X	X	9:00-10:30
	D	X	X	X	6:00-6:50	X	X	8:00-8:50
	PM	X	5:45-7:45 (WN)	7:00-8:30	7:00-8:30	6:15-8:00	5:45-7:45 (WN)	X
Senior Bronze	D	X	X	X	6:00-6:50	X	X	9:00-10:30
	W	X	X	7:00-8:30	7:00-8:30	6:15-8:00	5:45-7:45 (WN)	8:00-8:50
Juniors	W	X	6:30-8:15*	X	5:45-7:15 (WN)	SA State	SA State	10:30-12 or State
Age Group Gold	W	X	5:20-7:00	Flames v Wings Dual @ AHS	X	5:00-6:15 (A)	5:50-7:00 (A)	12-Un SA State
Age Group Silver	W	X	7:00-8:15		X	and Pasta Party or Non-State	or	12-Un SA State
Age Group Bronze	W	X	4:50-5:50		X		Non-State	12-Un SA State
Super 8	W	X	4:50-5:50		X	OFF	7:00-8:00	12-Un SA State
Ribbon	W	X	X		5:00-5:50	X	5:00-5:50	
HARTFORD POOL		7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
HHS-Seniors	AM	X	5:30-6:45 (A)	X	5:30-6:45 (A)	X	X	7:00-9:00 (A)
	D	X	X	X	7:10-8:00 (A)		X	9:10-10:00 (A)
	W	X	5:45-7:45 (WN)	7:00-8:30 (G)	5:50-7:00 (A)	7:00-8:30 (G)	5:45-7:45 (WN)	X
HHS-JVHS Seniors	W	X	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	X	X	X	6:00-6:50 (A)	X	X	7:00-9:00 (A)
	W	X	5:45-7:45 (WN)	7:00-8:30 (G)	7:00-8:30 (A)	7:00-8:30 (G)	5:45-7:45 (WN)	9:10-10:00 (A)
HHS Juniors	W	X	6:30-8:15* (A)	X	5:45-7:15 (WN)	SA State	SA State	12-Un SA State
HHS Age Group Gold	W	X	5:20-7:00 (A)	Flames v Wings Dual @ AHS	X	5:00-6:15 (A)	5:50-7:00 (A)	12-Un SA State
HHS Age Group Silver	W	X	7:00-8:15 (A)		X	and Pasta Party or Non-State	5:00-6:00 (RC)	12-Un SA State
HHS Age Group Bronze	W	X	4:50-5:50 (A)		X		5:00-6:00 (RC)	12-Un SA State
HHS Super 8	W	X	4:50-5:50 (A)		X	4:30-5:30 (RC)	5:00-6:00 (RC)	12-Un SA State

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ARROWHEAD POOL		Sunday 14-Dec	Monday 15-Dec	Tuesday 16-Dec	Wednesday 17-Dec	Thursday 18-Dec	Friday 19-Dec	Saturday 20-Dec
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	X
	D	X	X	X	7:10-8:00	5:00-5:50	X	X
	PM	X	5:45-7:45 (WN)	5:45-7:45 (WN)	5:50-7:00	3:00-4:50	X	X
Senior Sterling Silver	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	X
	D	x	X	X	7:10-8:00	5:00-5:50	X	X
	PM	X	5:45-7:45 (WN)	5:45-7:45 (WN)	5:50-7:00	3:00-4:50	X	X
Senior Silver	AM	X	X	X	X	X	X	LAKE Distance
	D	X	X	X	6:00-6:50	X	X	Time Trial
	PM	X	5:45-7:45 (WN)	7:00-8:30	7:00-8:30	X	5:45-7:45 (WN)	X
Senior Bronze	D	X	X	X	6:00-6:50	X	X	LAKE Distance
	W	X	X	7:00-8:30	7:00-8:30	X	5:45-7:45 (WN)	Time Trial
Juniors	W	12-Un SA State	6:30-8:15*	X	X	5:45-7:45 (WN)	6:20-8:15*	LAKE Distance
Age Group Gold	W	12-Un SA State	5:20-7:00	Flames v Blaze Dual @ AHS	X	5:45-7:15 (WN)	6:50-8:15	Conf. Champs @ AHS Wings, Flames, Blaze
Age Group Silver	W	12-Un SA State	7:00-8:15		X	X	5:50-6:50	
Age Group Bronze	W	12-Un SA State	4:50-5:50		X	X	5:50-6:50	
Super 8	W	12-Un SA State	4:50-5:50		X	X	5:50-6:50	
Ribbon	W	X	X		5:00-5:50	X	5:00-5:50	
HARTFORD POOL		14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
HHS-Seniors	AM	X	5:30-6:45	X	5:30-6:45 (A)	X	X	X
	D	X	X	X	7:10-8:00 (A)		X	X
	W	X	5:45-7:45 (WN)	7:00-8:30 (G)	5:50-7:00 (A)	7:00-8:30 (G)	5:45-7:45 (WN)	X
HHS-JVHS Seniors	W	X	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	X	X	X	6:00-6:50 (A)	X	X	LAKE Distance
	W	X	5:45-7:45 (WN)	7:00-8:30 (G)	7:00-8:30 (A)	7:00-8:30 (G)	5:45-7:45 (WN)	Time Trial
HHS Juniors	W	12-Un SA State	6:30-8:15* (A)	X	X	4:30-5:30 (RC)	5:00-6:00 (RC)	LAKE Distance
HHS Age Group Gold	W	12-Un SA State	5:20-7:00 (A)	Flames v Blaze Dual @ AHS	X	4:30-5:30 (RC)	5:00-6:00 (RC)	Conf. Champs @ AHS Wings, Flames, Blaze
HHS Age Group Silver	W	12-Un SA State	7:00-8:15 (A)		X	4:30-5:30 (RC)	5:00-6:00 (RC)	
HHS Age Group Bronze	W	12-Un SA State	4:50-5:50 (A)		X	4:30-5:30 (RC)	5:00-6:00 (RC)	
HHS Super 8	W	12-Un SA State	4:50-5:50 (A)		X	4:30-5:30 (RC)	5:00-6:00 (RC)	

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ARROWHEAD POOL		Sunday 21-Dec	Monday 22-Dec	Tuesday 23-Dec	Wednesday 24-Dec	Thursday 25-Dec	Friday 26-Dec	Saturday 27-Dec
Senior Gold	AM	8:00-11:00	9:00-10:30	9:00-12:00	9:00-11:00	X	X	9:00-11:00
	D	X	10:40-11:30	X	11:10-12:00	X	5:10-6:00	X
	PM	X	4:00-6:00	X	X	X	3:00-5:00	X
Senior Sterling Silver	AM	8:00-11:00	9:00-10:30	9:00-12:00	9:00-11:00	X	X	9:00-11:00
	D	X	10:40-11:30	X	11:10-12:00	X	5:10-6:00	X
	PM	X	X	X	X	X	3:00-5:00	X
Senior Silver	AM	X	10:30-12:30	X	X	X	9:00-11:00	11:00-12:30
	D	X	9:30-10:20	X	X	X	X	10:00-10:50
	PM	X	X	12:00-2:00	X	X		X
Senior Bronze	D	X	9:30-10:20	X	X	X	X	10:00-10:50
	W	X	10:30-12:30	12:00-2:00	X	X	9:00-11:00	11:00-12:30
Juniors	W	X	5:30-7:00*	3:00-5:00	X	X	5:00-6:30	12:00-2:00*
Age Group Gold	W	X	7:00-8:15	5:00-8:00	X	X	6:30-8:00	12:00-2:00*
Age Group Silver	W	X	6:00-7:00	X	X	X	7:00-8:00	X
Age Group Bronze	W	X	6:00-7:00	X	X	X	6:00-7:00	X
Super 8	W	X	5:00-6:00	X	X	X	5:00-6:00	X
HARTFORD POOL		21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
HHS-Seniors	AM	8:00-11:00	9:00-10:30 (A)	9:00-12:00 (A)	9:00-11:00 (A)	X	X	9:00-11:00 (A)
	D	X	10:40-11:30 (A)	X	11:10-12:00 (A)	X	5:10-6:00 (A)	X
	W	X	4:00-6:00 (A)	X	X	X	3:00-5:00 (A)	X
HHS-JVHS Seniors	W	X	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	X	9:30-10:20 (A)	X	X	X	X	10:00-10:50 (A)
	W	X	10:30-12:30 (A)	12:00-2:00 (A)	X	X	9:00-11:00 (A)	11:00-12:30 (A)
HHS Juniors	W	X	5:30-7:00* (A)	3:00-5:00 (A)	X	X	5:00-6:30 (A)	12:00-2:00* (A)
HHS Age Group Gold	W	X	7:00-8:15 (A)	5:00-8:00 (A)	X	X	6:30-8:00 (A)	12:00-2:00* (A)
HHS Age Group Silver	W	X	6:00-7:00 (A)	X	X	X	7:00-8:00 (A)	X
HHS Age Group Bronze	W	X	6:00-7:00 (A)	X	X	X	6:00-7:00 (A)	X
HHS Super 8	W	X	5:00-6:00 (A)	X	X	X	5:00-6:00 (A)	X

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ARROWHEAD POOL		Sunday 28-Dec	Monday 29-Dec	Tuesday 30-Dec	Wednesday 31-Dec	Thursday 1-Jan	Friday 2-Jan	Saturday 3-Jan
Senior Gold	AM	X	X	7:30-9:00	9:00-12:00	X	9:00-10:30	X
	D	X	X	9:10-10:00	X	X	10:40-11:30	X
	PM	X	X	3:00-5:00	X	1:00-4:00	4:00-6:00	Big Cheese
Senior Sterling Silver	AM	X	X	7:30-9:00	9:00-12:00	X	9:00-10:30	X
	D	X	X	9:10-10:00	X	X	10:40-11:30	X
	PM	X	X	X	X	1:00-4:00	4:00-6:00	Big Cheese
Senior Silver	AM	X	9:00-12:00	9:00-11:00	X	X	10:30-12:30	
	D	X	X	8:00-8:50	X	X	X	8:00-8:50
	PM	X	X	X	X	X	X	9:00-10:30
Senior Bronze	D	X	X	8:00-8:50	X	X	X	8:00-8:50
	W	X	9:00-12:00	9:00-11:00	X	X	10:30-12:30	9:00-10:30
Juniors	W	X	3:00-5:00	5:00-8:00	X	X	5:30-7:00*	10:30-12:00
Age Group Gold	W	X	6:30-8:15	X	X	X	7:00-8:15	11:30-1:00*
Age Group Silver	W	X	5:00-6:30	X	X	X	6:00-7:00	1:00-2:00
Age Group Bronze	W	X	5:00-6:00	X	X	X	6:00-7:00	X
Super 8	W	X	X	5:00-6:00	X	X	5:00-6:00	X
HARTFORD POOL		28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
HHS-Seniors	AM	X	X	7:30-9:00 (A)	9:00-12:00 (A)	X	9:00-10:30 (A)	X
	D	X	X	9:10-10:00 (A)	X	X	10:40-11:30 (A)	X
	W	X	X	3:00-5:00 (A)	X	1:00-4:00 (A)	4:00-6:00 (A)	Big Cheese
HHS-JVHS Seniors	W	X	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	X	X	8:00-8:50 (A)	X	X	X	8:00-8:50 (A)
	W	X	9:00-12:00 (A)	9:00-11:00 (A)	X	X	10:30-12:30 (A)	9:00-10:30 (A)
HHS Juniors	W	X	3:00-5:00 (A)	5:00-8:00 (A)	X	X	5:30-7:00* (A)	10:30-12:00 (A)
HHS Age Group Gold	W	X	6:30-8:15 (A)	X	X	X	7:00-8:15 (A)	11:30-1:00* (A)
HHS Age Group Silver	W	X	5:00-6:30 (A)	X	X	X	6:00-7:00 (A)	1:00-2:00 (A)
HHS Age Group Bronze	W	X	5:00-6:00 (A)	X	X	X	6:00-7:00 (A)	X
HHS Super 8	W	X	X	5:00-6:00 (A)	X	X	5:00-6:00 (A)	X