

WEST Express Swim Team Practice Schedule for DOLPHINS January 2026: Updated 12/22
Dolphins attend 3 practices each week | Can pick any time slot on Saturday for one of the 3 weekly practices
 Practices are at Chaska Middle School East (CMSE) OR Pioneer Ridge Middle School (PRMS)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 28	December 29 Two Options PRMS 10:30 – 11:10 11:20 – 12:00	30 Two Options PRMS 10:30 – 11:10 11:20 – 12:00	31 No Practice	January 1 No Practice	2 Two Options PRMS 10:30 – 11:10 11:20 – 12:00	3 Two Options PRMS 10:30 – 11:10 11:20 – 12:00
4	5 PRMS Morning Group 7:00 – 7:40 am CMSE Evening Group 5:20 – 6:00 pm	6 PRMS Morning Group 7:00 – 7:40 am PRMS 6:00 – 6:40 pm	7 PRMS Morning Group 7:00 – 7:40 am PRMS 6:00 – 6:40 pm	8 PRMS Morning Group 7:00 – 7:40 am No Practice Team Trivia 6:30 at CMSE	9 No Dolphins Morning Group PRMS 6:00 – 6:40 pm	10 Two Options PRMS 10:30 – 11:10 11:20 – 12:00
11	12 PRMS Morning Group 7:00 – 7:40 am CMSE Evening Group 5:20 – 6:00 pm	13 PRMS Morning Group 7:00 – 7:40 am Dolphins Meet at PRMS WU 6:00 pm Meet at 6:30 pm	14 PRMS Morning Group 7:00 – 7:40 am PRMS 6:00 – 6:40 pm	15 PRMS Morning Group 7:00 – 7:40 am No Practice	16 No Dolphins Morning Group PRMS 6:00 – 6:40 pm	17 Two Options PRMS 10:30 – 11:10 11:20 – 12:00
18	19 No School No Practices	20 No School No Morning Group CMSE (EARLIER) 5:10 – 5:50	21 PRMS Morning Group 7:00 – 7:40 am PRMS 6:00 – 6:40 pm	22 PRMS Morning Group 7:00 – 7:40 am PRMS 6:00 – 6:40 pm	23 PRMS Morning Group 7:00 – 7:40 am PRMS 6:00 – 6:40 pm	24 Two Options PRMS 10:30 – 11:10 11:20 – 12:00
25 One Session Meet at U of M Good for all levels Meet starts at 8:30 am	26 PRMS Morning Group 7:00 – 7:40 am CMSE Evening Group 5:20 – 6:00 pm	27 PRMS Morning Group 7:00 – 7:40 am No Practice	28 PRMS Morning Group 7:00 – 7:40 am PRMS 6:00 – 6:40 pm	29 PRMS Morning Group 7:00 – 7:40 am PRMS 6:00 – 6:40 pm	30 No Dolphins Morning Group PRMS 6:00 – 6:40 pm	31 Two Options PRMS 10:30 – 11:10 11:20 – 12:00