

West Express Swim Team | Senior Group – **January 2026** (updated 12/22)

Dryland at Xcel Gym in EP Tuesday/Thursday Mornings at 5:45 – 6:35 am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 28	29 Masters 5:45 - 7:00 am PRMS 9:00 – 10:45 am	30 Masters 5:45 - 7:00 am PRMS 8:00 – 10:00 am	31 No Practice	January 1 No Practice	2 Masters 5:45 - 7:00 am PRMS 9:00 – 10:45 am	3 PRMS 9:00 – 10:45 am
4	5 Masters 5:45 - 7:00 am CMSE 3:50 – 5:20 pm	6 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm Dryland 5:45-6:35 am	7 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm	8 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm Dryland 5:45-6:35 am Trivia at CMSE 6:30	9 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm Winter Classic	10 Winter Classic at U of M PRMS 9:00 – 10:30 am
11 Winter Classic at U of M	12 Masters 5:45 - 7:00 am CMSE 3:50 – 5:20 pm	13 Masters 5:45 - 7:00 am CMSE 3:50 – 5:40 pm Dryland 5:45-6:35 am	14 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm	15 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm NO DRYLAND at Xcel	16 Masters 5:45 - 7:00 am No Evening Practice Ames Meet	17 Ames, Iowa Meet! PRMS (With AG) 9:00 – 10:30 am
18 Ames, Iowa Meet!	19 No School No Practices	20 Masters 5:45 - 7:00 am Seniors – Earlier 3:40 – 5:10 pm Dryland 5:45-6:35am	21 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm	22 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm Dryland 5:45-6:35am	23 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm	24 PRMS 9:00 – 10:30 am
25 Hurricanes One session meet at the U of M 7:30 am wu/meet at 8:25 am	26 Masters 5:45 - 7:00 am CMSE 3:50 – 5:20 pm	27 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm Dryland 5:45-6:35 am	28 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm	29 Masters 5:45 - 7:00 am CMSE 3:50 – 5:30 pm Dryland 5:45-6:35 am	30 Masters 5:45 - 7:00 am PRMS 4:00 – 5:30 pm	31 PRMS 9:00 – 10:45 am