

West Express Swim Team | Senior Group – November 2025 (updated 10/21)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 26	27 Masters 5:45 - 7:00 am CMSE 3:45 – 5:15 pm	28 Masters 5:45 - 7:00 am CMSE 3:45 – 5:15 pm Dryland 5:45-6:35am	29 Masters 5:45 - 7:00 am CMSE 3:45 – 5:30 pm	30 Masters 5:45 - 7:00 am No Dryland Only Iowa Swimmers 3:45 – 4:30 pm	31 No Masters No Practice Iowa Meet Starts	November 1 CMSE 8:00 – 9:30 am
2	3 Masters 5:45 - 7:00 am CMSE 3:45 – 5:15 pm	4 Masters 5:45 - 7:00 am CMSE 3:45 – 5:15 pm Dryland 5:45-6:35 am	5 Masters 5:45 - 7:00 am PRMS 4:00 – 5:45 pm	6 Masters 5:45 - 7:00 am CMSE 3:45 – 5:15 pm Dryland 5:45-6:35 am	7 Masters 5:45 - 7:00 am PRMS 4:00 – 5:30 pm	8 WEST Express Home Meet
9 WEST Express Home Meet	10 Masters 5:45 - 7:00 am CMSE 3:45 – 5:15 pm	11 Masters 5:45 - 7:00 am CMSE 3:45 – 5:15 pm Dryland 5:45-6:35 am	12 Masters 5:45 - 7:00 am CMSE 3:45 – 5:30 pm	13 Masters 5:45 - 7:00 am CMSE 3:45 – 5:15 pm Dryland 5:45-6:35 am	14 Masters 5:45 - 7:00 am PRMS 4:00 – 5:30 pm	15 PRMS 8:00 – 9:30 am
16	17 Masters 5:45 - 7:00 am PRMS 4:00 – 5:30 pm	18 Masters 5:45 - 7:00 am PRMS 4:00 – 5:30 pm	19 Masters 5:45 - 7:00 am PRMS 4:00 – 5:30 pm	20 Masters 5:45 - 7:00 am PRMS 4:00 – 5:30 pm	21 Masters 5:45 - 7:00 am Storm Meet starts PRMS 4:00 – 5:30 pm	22 No Practice Storm Meet in Lakeville
23 Storm meet in Lakeville	24 Masters 5:45 - 7:00 am PRMS 6:00 – 7:30 pm	25 Masters 5:45 - 7:00 am PRMS 6:00 – 7:30 pm	26 Masters 5:45 - 7:00 am No School in 112 PRMS 9:00 – 10:30 am	27 Thanksgiving No Practice	28 No Practice Buildings Closed	29 PRMS 9:00 – 10:30 am