

Pound Ridge Swim & Dive Team Practice Schedule 2025

Swimmers will be brought down to Camp after practice ends.
 Teen Travel Camp will be driven from practice to PRES by Supervisor Andrea Russo or
 Recreation Leader Melissa Farella in the Town Bus.

June 9	June 10	June 11	June 12	June 13	June 14	June 15
First Day of Practice 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00		
June 16 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	June 17 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	June 18 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	June 19 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	June 20 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	CAR WASH 10:00-1:00 Pound Ridge Fire House	June 22
June 23 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	June 24 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	NO PRACTICE Nights in the Park END OF SCHOOL BASH 5:00-7:00 PM	June 26 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	June 27 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00	Recreation 5K Road Race & Fireworks	June 29

June 30 First day of Camp! 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 1 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 2 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 3 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 4 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 5	July 6
July 7 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM B Swim Meet	July 8 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 9 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 10 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 11 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 12	July 13
July 14 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Dive Meet	July 15 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 16 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 17 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 18 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Divers 5:00-5:45 PM A Divers 5:45-7:00 PM	July 19	July 20

<p>July 21</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p> <p>B Divers 5:00-5:45 PM</p> <p>A Divers 5:45-7:00 PM</p> <p>B Swim Meet</p>	<p>July 22</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p> <p>B Divers 5:00-5:45 PM</p> <p>A Divers 5:45-7:00 PM</p>	<p>July 23</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p> <p>B Divers 5:00-5:45 PM</p> <p>A Divers 5:45-7:00 PM</p>	<p>July 24</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p> <p>B Divers 5:00-5:45 PM</p> <p>A Divers 5:45-7:00 PM</p>	<p>July 25</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p> <p>B Divers 5:00-5:45 PM</p> <p>A Divers 5:45-7:00 PM</p>	<p>July 26</p>	<p>July 27</p>
<p>July 28</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p> <p>B Dive Meet</p>	<p>July 29</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p> <p>B Divers 5:00-5:45 PM</p> <p>A Divers 5:45-7:00 PM</p>	<p>July 30</p> <p>Diving Championships</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p>	<p>July 31</p> <p>Diving All Stars</p> <p>11 & Overs 7:30-8:30 AM</p> <p>10 & Unders/Pre-Team 8:30-9:15 AM</p>	<p>Aug 1</p> <p>Champs Swimmers ONLY</p> <p>8:00-9:00 AM</p>	<p>Aug 2</p> <p>Swimming Champs</p>	<p>Aug 3</p> <p>Swimming All Stars</p> <p>TEAM DINNER</p> <p>4:00-8:00 PM</p>