

Pound Ridge Swim & Dive Team Practice Schedule 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
June 9 	June 10 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 PM	June 11 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 12 10 & Unders/Pre-Team 4:00-4:45 PM 11 & Overs 4:45-6:00 PM Diving 6:00-7:00 PM	June 13 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 14 	June 15
June 16 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 17 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 18 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 19 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 20 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 21 (no car wash this year due to firehouse construction)	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 PM	June 24 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 25 NO PRACTICE Recreation 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 PM	June 27 11 & Overs 4:00-5:15 PM 10 & Unders/Pre-Team 5:15-6:00 PM Diving 6:00-7:00 PM	June 28 Recreation 5K Road Race & Fireworks	June 29

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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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 Happy July 4th! NO PRACTICE	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 at WILLOWBROOK	July 8 A Swim Meet at WILLOWBROOK	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 A Swim Meet at YORKTOWN	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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
July 14 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Dive Meet at LEWISBORO	July 15 A Swim Meet at MKMP	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 A Swim Meet at HOME vs. Katonah	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
July 21 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 at BEDFORD HILLS	July 22 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 23 A Swim Meet at HOME vs. Mt Pleasant	July 24 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 25 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 26	July 27
July 28 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM B Dive Meet at HOME	July 29 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 30 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM Diving Championships at YORKTOWN	July 31 11 & Overs 7:30-8:30 AM 10 & Unders/Pre-Team 8:30-9:15 AM Diving All Stars at LEWISBORO	Aug 1 Champs Swimmers ONLY 8:00-9:00 AM	Aug 2 Swimming Champs at KATONAH	Aug 3 Swimming All Stars at BRIARCLIFF TEAM DINNER 4:00-8:00 PM