November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	15 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
16 NO PRACTICE	17 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	18 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	19 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	20 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	21 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	22 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
23 NO PRACTICE	24 Swim: 11:30 – 1:30 Dive: 4:00 – 5:00	25 Swim: 11:30 – 1:30 Dive: 4:00 – 5:00	26 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	27 NO PRACTICE	28 NO PRACTICE	29 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
30 NO PRACTICE						

OJR SWIMMING & DIVING

Mornings & Drylands are TBA, with regard to the training cycle & schedule.

This is subject to adjustments, pending schedule changes, weather impact, etc.

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO PRACTICE	1 **Team Pictures:** @ 3:30 (HS Cafeteria)	2 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	3 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	4 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	5 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	6 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
7 NO PRACTICE	8 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	9 **Home Meet:** **Upper Perkiomen**	10 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	11 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	12 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	13 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
14 NO PRACTICE	15 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	16 **Away Meet:** **Upper Merion**	17 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	18 **Home Meet:** **Pottsgrove**	19 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	20 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
21 NO PRACTICE	22 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	23 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	24 NO PRACTICE	25 NO PRACTICE	26 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	27 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
28 NO PRACTICE	29 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	30 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	31 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00			

OJR SWIMMING & DIVING

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January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NO PRACTICE	2 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	3 NO PRACTICE Age Group Meet
4 NO PRACTICE	5 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	6 **Away Meet:** **Spring Ford**	7 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	8 **Home Meet:** **Perkiomen Valley**	9 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	10 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
11 NO PRACTICE	12 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	13 **Home Meet:** **Methacton**	14 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	15 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	16 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	17 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
18 NO PRACTICE	19 NO PRACTICE	20 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	21 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	22 **Home Meet:** **Phoenixville**	23 **Away Meet:** **Pope John Paul II**	24 NO PRACTICE Age Group Meet
25 NO PRACTICE	26 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	27 **Home Meet:** **Boyertown**	28 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	29 **Away Meet:** **Norristown**	30 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	31 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00

OJR SWIMMING & DIVING

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February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO PRACTICE	2 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	3 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	4 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	5 **Away Meet: Diving** **PAC League Diving** Swim: 3:15 – 5:15	6 **Away Meet: Boys** **PAC League Swimming** Swim: 3:15 – 4:15	7 **Away Meet: Girls** **PAC League Swimming** NO PRACTICE
8 NO PRACTICE	9 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	10 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	11 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	12 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	13 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	14 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
15 NO PRACTICE	16 NO PRACTICE	17 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	18 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	19 **District 1 Diving @ NP** Swim: 3:15 – 5:15	20 **District 1 Diving @ NP** Swim: 3:15 – 5:15	21 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
22 NO PRACTICE	23 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	24 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	25 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	26 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	27 **District 1 Swimming @ York**	28 **District 1 Swimming @ York**

OJR SWIMMING & DIVING

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March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO PRACTICE	2 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	3 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	4 Swim: 11:30 – 1:00 Dive: 4:00 – 5:00	5 Swim: 11:30 – 1:00 Dive: 4:00 – 5:00	6 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	7 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
8 NO PRACTICE	9 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	10 Swim: 3:15 – 5:15 Dive: 5:00 – 6:00	11 **PIAA State Meet @ Bucknell**	12 **PIAA State Meet @ Bucknell**	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OJR SWIMMING & DIVING

Mornings & Drylands are TBA, with regard to the training cycle & schedule.

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