

# JANUARY 2026

(updated 12/28/25)

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|--|--|---|
| <b>DEC.29</b><br>VAR-10am-12:30pm<br>JV/JV2-8:30am-10am<br>Divers-TBA                   | <b>DEC.30</b><br><b>VAR-Swim Meet of Champions 4pm</b><br>@Nequa Valley<br>Bus at 1pm                       | <b>DEC.31</b><br>VAR/JV/JV2-8:30-10am<br>Divers-TBA   | <b>JAN.1</b><br><b>No practice Happy New Year!</b>   | <b>JAN 2</b><br>VAR-10am-12:30<br>JV/JV2-8:30-10:00am                      | <b>JAN 3</b><br>Var-8:00-10am<br>JV/JV2-8:30-10am   |
| <b>JAN.5</b><br>All levels 3:00-5:00pm  | <b>JAN.6</b><br>All levels 3:00-5:00pm  | <b>JAN.7-1st day of school</b><br>VAR-3:30-5:30pm<br>JV-3:30-5:30pm<br>JV2-3:30-5:25pm<br>Dive 3:30-5:30<br><b>PASTA PARTY 5:30pm cafeteria</b> | <b>JAN.8</b><br>VAR-6am-7:30am<br>VAR-3:30-5:30pm<br>JV-3:30-5:30pm<br>JV2-3:30-5:25<br>Dive 6am-7:30am              | <b>JAN.9</b><br><b>Var/JV/JV2- Away meet @ ETHS 5:30pm Bus @ 3:45</b>      | <b>JAN.10</b><br><b>VarETHS Invite 1pm Bus 11am</b><br><b>JV-New Trier JV invite</b><br><b>10am bus 8:00am</b><br><b>Divers-Fremd invite JV2-no practice</b>        |
| <b>JAN.12</b><br>VAR-3:30-5:45pm<br>JV-3:30-5:30pm<br>JV2-6am-7:30am<br>Dive 6am-7:30am | <b>JAN.13</b><br>VAR- 6am-7:30am<br>VAR-3:30-5:30pm<br>JV- 6am-7:30am<br>JV2-3:30-5:25pm<br>Dive 3:30-5:30  | <b>JAN.14</b><br>VAR-3:30-5:30pm<br>JV-3:30-5:30pm<br>JV2-3:30-5:25pm<br>Dive 3:30-5:30   | <b>JAN.15</b><br>VAR-6am-7:30am<br>VAR-3:30-5:30pm<br>JV-3:30-5:30pm<br>JV2-3:30-5:25<br>Dive 6am-7:30am             | <b>JAN.16</b><br><b>VAR/JV/JV2-Away meet @ New Trier 5:30pm Bus @ 3:45</b> | <b>JAN.17</b><br><b>VAR-Titan Relays Noon.</b><br><b>warmup10:30am</b><br><b>Dive- Hinsdale invite</b><br><b>No JV/JV2 practice</b><br><b>Help with timing meet</b> |
| <b>JAN.19-NO school</b><br>VAR-10am-12:30pm<br>JV/JV2-8:30am-10am<br>Divers-TBA         | <b>JAN.20</b><br>VAR- 6am-7:30am<br>VAR-3:30-5:30pm<br>JV- 5:45-7:15am<br>JV2-3:30-5:25pm<br>Dive 3:30-5:30 | <b>JAN.21</b><br>VAR-3:30-5:30pm<br>JV-3:30-5:30pm<br>JV2-3:30-5:25pm<br>Dive 3:30-5:30   | <b>JAN.22-PASTA PARTY Home Swim Meet vs. Deerfield 5:30pm</b><br><b>PASTA PARTY AFTER THE MEET</b>                   | <b>JAN.23</b><br><b>Practices CANCELLED</b>                                | <b>JAN.24</b><br>VAR-8am-10am<br>JV/JV2-8:30am-10am<br>Divers TBA   |
| <b>JAN.26</b><br>VAR-3:30-5:45pm<br>JV-3:30-5:30pm<br>JV2-6am-7:30am<br>Dive 3:30-5:30  | <b>JAN.27</b><br>VAR-3:30-5:45pm<br>JV-5:45-7:15am<br>JV--3:30-5:25pm<br>Dive 3:30-5:30<br>VAR-6am-7:30am   | <b>JAN.28</b><br>VAR-3:30-5:30pm<br>JV-3:30-5:30pm<br>JV2-3:30-5:25pm<br>Dive 3:30-5:30   | <b>JAN.29-PASTA PARTY</b><br>VAR-6am-7:30am<br>VAR-3:30-5:30pm<br>JV-3:30-5:30pm<br>JV2-3:30-5:25<br>Dive 6am-7:30am | <b>JAN.30</b><br><b>Home Meet vs. GBN 5:30pm</b>                           | <b>JAN.31</b><br>Practices tba  |