

Subject: Central Minnesota Aquatics 2026 Summer Practice Schedule

From: <no-reply@commitswimming.com>

Date: 4/16/2026, 9:58 PM

To:

Hello CMA Families -

We are excited to share our summer schedule for the upcoming season! Please see the details for each group below, along with the attached visual graph.

Registration will start on May 4th.

Dates will run from June 1st – July 31st (Zone Swimmers will have pool time available August 3-5th, Location TBD)

We will also have LCM Outdoor Practices at the New Hope Aquatic Center—more details on registration to come.

As most of you know, when we first announced the merger for the now-unified CMA team, we requested that you fill out a participation survey. Thank you to those who participated in the survey. Looking at the summer practice schedule planning, there were a considerable number of requests for morning practice times for our developmental groups (See attached PDF).

We have set up a summer practice schedule, as listed below, to accommodate these requests. You will find an AM - OR - PM option for our developmental groups. Families will be required to select either a morning or an evening practice time for the entire summer season.

Senior-level athletes have morning practices and can attend doubles on Mondays, Tuesdays, and Thursdays in the evenings.

We will be moving to a 3-location format for morning practice hours. Please make sure you double-check the practice location as you plan your family's summer participation. Reach out via email with questions.

SMS = Sartell Middle School (see map on website)

CSB = College of St. Benedict's (see map on website)

Apollo = Apollo High School (see map on website)

Pond Pups – Novice / Advanced

- Monday to Thursday: 7:15 am – 8:00 am @ SMS
- OR
- Monday to Thursday: 6:00 pm – 6:45 pm @ CSB

Lake Sharks – Blue / Green

- Monday to Thursday: 7:15 am – 8:15 am @ SMS
- OR
- Monday to Thursday: 6:45 pm – 7:45 pm @ CSB

River Sharks

- Monday to Thursday: 7:15 am – 8:30 am @ SMS
- OR
- Monday to Thursday: 6:00 pm – 7:15 pm @ CSB

Quarry Sharks

- Monday to Thursday: 7:15 am – 8:45 am @ SMS
- OR
- Monday to Thursday: 6:00 pm – 7:30 pm @ CSB

Apex Predators

- Monday to Thursday: 7:15 am – 9:00 am @ SMS
- OR
- Monday to Thursday: 6:00 pm – 7:45 pm @ CSB

Senior

- Monday to Thursday: 6:15 am – 8:15 am @ CSB
- Friday: 6:15 am – 8:15 am @ Apollo
- AND
- Monday, Tuesday, Thursday: 5:45 pm – 7:15 pm @ Apollo

Senior Elite / National

- Monday to Friday: 6:15 am – 8:15 am @ Apollo
- AND
- Monday, Tuesday, Thursday: 5:45 pm – 7:15 pm @ Apollo

We are excited for our upcoming fun-filled, fast-paced summer season! Please reach out with any questions!

Central Minnesota Aquatics Staff