



CSP Tideriders 2025 – 2026
Tentative Short Course Training Schedule



Starts Monday, August 25th, 2025 - Saturday May 23rd, 2026

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters Starts Tuesday, Sept 3 rd , 2024	5:15 - 6:30 AM John Burroughs	5:30 – 7:00 AM Kirkwood	5:15 - 6:30 AM John Burroughs	5:30 – 7:00 AM Kirkwood	5:15 - 6:30 AM John Burroughs	6:00 - 7:00 AM John Burroughs
Elite	6:00 – 8:00 PM MICDS	5:15 – 6:30 AM John Burroughs 6:00 – 8:00 PM MICDS	6:00 – 7:30 PM MICDS	5:15 – 6:30 AM John Burroughs 6:00 – 8:00 PM MICDS	6:00 – 8:00 PM MICDS	7:30 – 9:30 AM MICDS
Senior	6:00 – 8:00 PM Burroughs	6:00 – 8:00 PM Burroughs	6:00 – 8:00 PM Burroughs	6:00 – 8:00 PM Burroughs	6:00 – 8:00 PM Burroughs	7:00 – 9:00 AM Burroughs
Senior II	7:30 – 9:00 PM Chaminade	6:00 – 7:30 PM Ladue	7:30 – 9:00 PM Chaminade	6:00 – 7:30 PM Ladue	6:00 – 7:30 PM MICDS	7:30 – 9:00 AM Ladue
Varsity	7:00 – 8:30 PM Westminster	7:00 – 8:30 PM Westminster	7:00 – 8:30 PM Westminster	7:00 – 8:30 PM Westminster	7:00 – 8:30 PM Westminster	7:00 – 8:30 AM Westminster
Junior Varsity	5:30 – 7:00 PM Westminster	5:30 – 7:00 PM Westminster	5:30 – 7:00 PM Westminster	5:30 – 7:00 PM Westminster	5:30 – 7:00 PM Westminster	8:30 – 10:00 AM Westminster
Advanced Stroke	7:45 - 8:45 PM Center of Clayton	7:30 – 8:30 PM Center of Clayton	7:45 - 8:45 PM Center of Clayton	7:30 – 8:30 PM Center of Clayton	6:00 – 7:30 PM Ladue	10:30 – 11:30 AM Burroughs
Age Group	6:00 – 7:15 PM Ladue	OFF	6:00 – 7:15 PM Ladue	OFF	6:00 – 7:30 PM Ladue	9:00 – 10:30 AM Burroughs
Developmental	OFF	6:30 - 7:30 PM Center of Clayton	OFF	6:30 - 7:30 PM Center of Clayton	OFF	9:00 – 10:00 AM Burroughs
Beginner II	OFF	6:30 – 7:15 PM Villa	6:30 – 7:15 PM Villa	6:30 – 7:15 PM Villa	OFF	OFF
Beginner I	OFF	5:45 – 6:30 PM Villa	5:45 – 6:30 PM Villa	5:45 – 6:30 PM Villa	OFF	OFF

Practices may be changed or cancelled due to inclement weather, pool malfunctions, or school events.

Please use Group Calendar at www.cpswim.com for daily schedule.

Please log in to your CSP account and verify your e-mail and add your cell phone (SMS) to receive text or e-mail alerts in cases of last minute cancellations.