

Fox Chapel Killer Whales

2025 Fall Practice Schedule – Tentative and Subject to Change

Monday – Fox Chapel High School

- **Senior:** 2:45 PM – 4:45 PM
- **Bronze:** Swim 4:45 PM – 5:30 PM | Dryland 5:30 PM – 6:00 PM
- **Silver:** Swim 5:30 PM – 6:30 PM | Dryland 5:00 PM – 5:30 PM
- **Gold / Senior Prep / Out-of-District:** 6:30 PM – 8:30 PM

Tuesday

Fox Chapel High School

- **Senior:** Swim 2:45 PM – 4:45 PM | Dryland 5:00 PM – 6:00 PM
- **Gold / Senior Prep / Out-of-District:** Swim 4:45 PM – 6:30 PM | Dryland 4:15 PM – 4:45 PM
- **Jr. Whales:** Swim 6:30 PM – 7:15 PM | Dryland 6:15 PM – 6:30 PM

Shadyside Academy

- **Silver:** 6:15 PM – 7:30 PM

Wednesday – Fox Chapel High School

- **Senior:** 2:45 PM – 4:45 PM
- **Bronze:** Swim 4:45 PM – 5:30 PM | Dryland 5:30 PM – 6:00 PM
- **Silver:** Swim 5:30 PM – 6:30 PM | Dryland 5:00 PM – 5:30 PM
- **Gold / Senior Prep / Out-of-District:** 6:30 PM – 8:30 PM

Thursday – Fox Chapel High School

- **Senior:** Swim 2:45 PM – 4:45 PM | Dryland 5:00 PM – 6:00 PM
- **Gold / Senior Prep / Out-of-District: Swim** 4:45 PM – 6:30 PM | Dryland 4:15 PM – 4:45 PM
Note: On non-Jr. Whales weeks, practice may extend until 6:45 PM.
- **Jr. Whales:** Swim 6:30 PM – 7:15 PM | Dryland / Technique Talk 6:15 PM – 6:30 PM

Friday – Fox Chapel High School

- **Senior:** 2:45 PM – 4:45 PM
- **Bronze:** 4:45 PM – 5:30 PM
- **Silver:** 5:30 PM – 6:30 PM

- **Gold / Senior Prep / Out-of-District:** 6:30 PM – 8:30 PM

Saturday – Fox Chapel High School

- **Senior / Out-of-District:** 6:30 AM – 8:30 AM | Dryland 8:45 – 9:45am
- **Gold:** Swim 8:30 AM – 10:30 AM | Dryland 8:00 AM – 8:30 AM
- **Swim School Lessons:** 10:30 AM – 11:30 AM (Two 30-minute sessions)

Friday Night Home Football Games

Due to limited facility access, all athletes must be finished by 6:00 PM.

- **Senior:** 2:45 PM – 4:45 PM
- **Gold / Out-of-District/Senior Prep:** Swim 4:45 PM – 6:00 PM | Core Activation 4:30 PM – 4:45 PM