SEBASTOPOL SEA SERPENTS

Winter Practice Schedule

November 2, 2026 - February 5, 2027

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRE-TEAM		3:45-4:15 PM		3:45-4:15 PM	
JR SERPENTS	3:45-4:30 PM		3:45-4:30 PM		3:45-4:30 PM
GROUP 1	3:45-4:45 PM	3:45-4:45 PM	3:45-4:45 PM	3:45-4:45 PM	3:45-4:45 PM
GROUP 2	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM
GROUP 3	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:45 PM
PRE-SENIORS	4:15-6:30 PM	4:15-6:30 PM	4:15-6:30 PM	4:15-6:30 PM	5:00-7:30 PM
SENIORS	4:15-6:30 PM	4:15-6:30 PM	4:15-6:30 PM	4:15-6:30 PM	5:00-7:30 PM

Pre-Team beginners and advanced swimmers are combined into one group.

HOLIDAY PRACTICE NOTES

Thanksgiving week (November 23-27) and December 21-23: Special practice times are TBD, pending pool approval for earlier practices when school is out. Check the **SSS Schedule page** on the team website for updates.

NO PRACTICE: December 24 - January 1 (team break).
Practices resume Monday, January 4, 2027.

WINTER SWIM MEETS

DATE	MEET	LOCATION
Nov 7-8, 2026	Napa Meet	Vintage High School, Napa
Nov 13, 2026 (Fri)	SSS Distance Pizza Meet	Ives Pool
Nov 21-22, 2026	Senior Open Meet*	Concord
Nov 21-22, 2026	Mendocino Meet	Fort Bragg
Dec 5-6, 2026	Santa Rosa Meet	SRJC
Dec 11-13, 2026	Age Group Champs*	San Ramon
Dec 18-21, 2026	Sectionals	Walnut, CA
Jan 23-24, 2027	SSS Winter Meet - Festive Frost	Ives Pool
Feb 6-7, 2027	Zone 3 Winter Championships	Sonoma, CA

*Qualifying time standards apply. See the SSS Schedule page for meet details and updates.

seaserpents.swimtopia.com/swim_meets