



2026 Fall Serpents – Intro to Swim Team September 1 – October 30

Week	Dates	Practice Times
Week 1	Aug. 31 – Sept. 3 (Mon–Thu)	3:45–4:15 PM or 4:15–4:45 PM
Week 2	Sept. 8 – Sept. 11 (Tue–Fri) <i>Labor Day Week</i>	3:45–4:15 PM or 4:15–4:45 PM
Week 3	Sept. 14 – Sept. 17 (Mon–Thu)	3:45–4:15 PM or 4:15–4:45 PM
Week 4	Sept. 21 – Sept. 24 (Mon–Thu)	3:45–4:15 PM or 4:15–4:45 PM
Week 5	Sept. 28 – Oct. 1 (Mon–Thu)	3:45–4:15 PM or 4:15–4:45 PM
Week 6	Oct. 5 – Oct. 8 (Mon–Thu)	3:45–4:15 PM or 4:15–4:45 PM
Week 7	Oct. 12 – Oct. 15 (Mon–Thu)	3:45–4:15 PM or 4:15–4:45 PM
Week 8	Oct. 19 – Oct. 22 (Mon–Thu)	3:45–4:15 PM or 4:15–4:45 PM
Week 9	Oct. 26 – Oct. 29 (Mon–Thu)	3:45–4:15 PM or 4:15–4:45 PM

What is Fall Serpents?

Fall Serpents is a one-week introductory swim team program for swimmers who are new to the Sebastopol Sea Serpents. Swimmers participate in a small group (maximum 6 swimmers per coach) while learning the skills needed to transition into our year-round swim team.