

OPST Practice Schedule
Sports Core Pool, 11144 Cathell Rd, Ocean Pines, MD 21811
Effective Monday, September 8, 2025
Through end of May 2026

Senior Groups

Sr Elite & Sr Prep begin practices week of 8/25 at Swim & Racquet Pool: see practice schedule addendum

Sr Elite	
Monday - Thursday	7:00pm - 9:00pm
Friday	5:00pm - 7:00pm
Saturday	7:00am - 9:00am

Sr Prep	
Monday - Thursday	7:00pm - 9:00pm
Saturday	7:00am - 9:00am

Competitive Age Group

Silver	
Tuesday, Thursday	5:30pm - 7:15pm
Friday	6:45pm - 8:15pm
Saturday	8:30am - 10:00am

Bronze	
Monday & Wednesday	6:00pm - 7:15pm
Saturday	10:00am - 11:00am

Copper	
Tuesday & Thursday	6:00pm - 7:00pm

Developmental Age Group

Sharks YELLOW	
Tuesday & Thursday	5:00pm - 5:45pm

Sharks GREEN	
Wednesday	6:00pm - 6:45pm
Saturday	9:15am - 10:00am

Seasonal: 10 week high school prep program. Last practice Thursday, 11/13

Titanium	
Tuesday, Thursday	3:45 pm - 5:00pm

Pups

Pups 2 WHITE	
Monday	5:15pm - 6:00pm
Saturday	9:15am - 10:00am

Pups 2 RED	
Monday	6:00pm - 6:45pm
Saturday	9:15am - 10:00am

Pups 2 BLUE	
Wednesday	5:15pm - 6:00pm
Saturday	9:15am - 10:00pm

OPST uses Remind messaging to communicate time sensitive practice & meet updates. Sign up by sending a text to the number 81010 with the message @opstswim to receive these updates. Download the app and enable notifications.

Schedule is subject to change 9/4/2025