

**Salt Lake Tennis & Health Club**  
**Swimming & Diving**  
**2026 Schedule**

5/4-5/26 New Swimmer Skill Assessments

5/11/26 Pre-season practice begins

5/25/26 Memorial Day–no practices

6/6/26 **TIME TRIALS #1**

6/8/26 **Tennis Club @ Cottonwood Country Club (CW)**

6/15/26 **Tennis Club @ Hidden Valley Country Club (HV)**

6/22/26 **Pepperwood (PW)@ Tennis Club**

6/26/26 Team Breakfast 8:00am

6/27/26 **TIME TRIALS #2**

6/29/26 **Salt Lake Country Club (SLCC) @ Tennis Club**

7/8/26 **Tennis Club @ Northcrest (NC) (no dive meet)**

7/11/26 **TIME TRIALS #3**

7/13/26 **Willowcreek (WC) @ Tennis Club**

7/24/26 Holiday–no practices

7/27/26 **Dive Conference @ U of U Natatorium**

7/28-29/26 **Swim Conference @ U of U Natatorium**