

## **2024-2025 PRACTICE SCHEDULE**

*While dry-land is an important part of Stingrays training philosophy, it is subject to availability and offerings may differ at each practice site.*

*Dry-land is not guaranteed or a part of our program fees.*

S=Swim; D=Dryland

### **KING GEORGE Y**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Gold</b>	4:00-6:00PM (S)	4:00-6:00PM (S)	4:00-6:00PM (S)	4:00-6:00PM (S)	4:00-6:00PM (S)	8:00-10:00AM (S)
<b>Gold AM</b>		5:15-6:45AM (S)	5:15-6:45AM (S)			
<b>Dryland</b>	3:15-3:45PM (D)	3:15-3:45PM (D)	3:15-3:45PM (D)	3:15-3:45PM (D)		
<b>Silver</b>	4:00-5:45PM (S)	4:00-5:45PM (S)	4:00-5:45PM (S)	4:00-5:45PM (S)	4:00-5:45PM (S)	8:00-10:00AM (S)
<b>Dryland</b>	3:15-3:45PM (D)	3:15-3:45PM (D)	3:15-3:45PM (D)	3:15-3:45PM (D)		
<b>Bronze</b>	5:45-7:15PM (S)	5:45-7:15PM (S)	5:45-7:15PM (S)	5:45-7:15PM (S)	5:45-7:15PM (S)	
<b>Dryland</b>	5:00-5:30PM (D)	5:00-5:30PM (D)	5:00-5:30PM (D)	5:00-5:30PM (D)		
<b>HS Performance</b>	6:30-8:00PM (S)	6:30-8:00PM (S)	6:30-8:00PM (S)	6:30-8:00PM (S)		8:00-9:30AM (S)
<b>Blue</b>	6:45-7:45PM (S)	6:45-7:45PM (S)	6:45-7:45PM (S)	6:45-7:45PM (S)		
<b>Red</b>	6:00-6:45PM (S)		6:00-6:45PM (S)		6:00-6:45PM (S)	
<b>White</b>		6:00-6:45PM (S)		6:00-6:45PM (S)		

*The long course (Summer) practice schedule changes to doubles for the older groups, and different practice times for all groups, which will be determined!*

***Revised 09/08/2024***

## 2024-2025 PRACTICE SCHEDULE

*While dry-land is an important part of Stingrays training philosophy, it is subject to availability and offerings may differ at each practice site.*

*Dry-land is not guaranteed or a part of our program fees.*

S=Swim; D=Dryland

### **ROSNER Y**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Gold</b>	3:15-5:15PM (S) 5:15-6:00PM (D)	3:15-5:15PM (S) 5:15-6:00PM (D)	3:15-5:15PM (S) 5:15-6:00PM (D)	3:15-5:15PM (S) 5:15-6:00PM (D)	3:15-5:15PM (S)	7:15-9:15AM (S)
<b>Silver</b>	4:30-6:15PM (S) 4:00-4:30PM (D)	4:30-6:15PM (S) 4:00-4:30PM (D)	4:30-6:15PM (S) 4:00-4:30PM (D)	4:30-6:15PM (S) 4:00-4:30PM (D)	4:30-6:15PM (S)	7:30-9:00AM (S)
<b>Bronze</b>	6:15-7:45PM (S) 5:45-6:15PM (D)	6:15-7:45PM (S) 5:45-6:15PM (D)	6:15-7:45PM (S) 5:45-6:15PM (D)		6:15-7:45PM (S) 5:45-6:15PM (D)	7:30-9:00AM (S)
<b>HS Performance</b>	6:15-7:45PM(S) 5:30-6:15PM (D)		6:15-7:45PM(S) 5:30-6:15PM (D)	6:15-7:45PM(S) 5:30-6:15PM (D)	6:15-7:45PM(S) 5:30-6:15PM (D)	7:30-9:00AM (S)
<b>Blue</b>	5:15-6:15PM (S)	5:15-6:15PM (S)	5:15-6:15PM (S)		5:15-6:15PM (S)	
<b>Red</b>	5:15-6:00PM (S)		5:15-6:00PM (S)	5:15-6:00PM (S)		
<b>White</b>		5:15-6:00PM (S)		5:15-6:00PM (S)		

*The long course (Summer) practice schedule changes to doubles for the older groups, and different practice times for all groups, which will be determined!*

**Revised 09/08/2024**

## 2024-2025 PRACTICE SCHEDULE

*While dry-land is an important part of Stingrays training philosophy, it is subject to availability and offerings may differ at each practice site.*

*Dry-land is not guaranteed or a part of our program fees.*

S=Swim; D=Dryland

### **MASSAD Y**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Gold - Fitness Pool</b>	4:45-6:45PM (S) 4:00-4:30PM (D)	4:45-6:45PM (S) 4:00-4:30PM (D)	4:45-6:45PM (S) 4:00-4:30PM (D)	4:45-6:45PM (S) 4:00-4:30PM (D)	4:45-6:45PM (S)	7:15-9:30AM (S) @ JRSSC
<b>Silver - Fitness Pool</b>	6:45-8:30PM (S) 6:15-6:45PM (D)	6:45-8:30PM (S) 6:15-6:45PM (D)	6:45-8:30PM (S) 6:15-6:45PM (D)	6:45-8:30PM (S) 6:15-6:45PM (D)	6:45-8:30PM (S)	7:15-9:15AM (S) @ JRSSC
<b>Bronze- Fitness Pool</b>	6:45-8:15PM (S) 6:15-6:45PM (D)	6:45-8:15PM (S) 6:15-6:45PM (D)	6:45-8:15PM (S) 6:15-6:45PM (D)	6:45-8:15PM (S) 6:15-6:45PM (D)	6:45-8:15PM (S)	
<b>HS Performance - Fitness Pool</b>	3:15-4:45PM (S) 5:00-5:30PM (D)	3:15-4:45PM (S) 5:00-5:30PM (D)	3:15-4:45PM (S) 5:00-5:30PM (D)	3:15-4:45PM (S) 5:00-5:30PM (D)	3:15-4:45PM (S)	
<b>Blue- Wellness Pool</b>	5:45-6:45PM (S)	5:45-6:45PM (S)	5:45-6:45PM (S)	5:45-6:45PM (S)		
<b>Red- Wellness Pool</b>	5:45-6:30PM (S)		5:45-6:30PM (S)		5:45-6:30PM (S)	
<b>White - Wellness Pool</b>		5:45-6:30PM (S)		5:45-6:30PM (S)		

*The long course (Summer) practice schedule changes to doubles for the older groups, and different practice times for all groups, which will be determined!*

**Revised 09/08/2024**

## 2024-2025 PRACTICE SCHEDULE

*While dry-land is an important part of Stingrays training philosophy, it is subject to availability and offerings may differ at each practice site.*

*Dry-land is not guaranteed or a part of our program fees.*

S=Swim; D=Dryland

### **JRSSC**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Gold I</b>	5:15-6:45AM (S) 3:30-5:30PM (S) 5:30-6:15PM (D)		5:15-6:45AM (S) 3:30-5:30PM (S) 5:30-6:15PM (D)		5:15-6:45AM (S) 3:30-5:30PM (S)	7:15-9:45AM (S)
<b>Gold</b>	4:00-6:00PM (S) 3:30-4:00PM (D)	4:00-6:00PM (S) 3:30-4:00PM (D)	4:00-6:00PM (S) 3:30-4:00PM (D)	4:00-6:00PM (S) 3:30-4:00PM (D)	4:00-6:00PM (S)	7:15-9:15AM (S)
<b>Silver</b>	6:15-8:00PM (S) 5:30-6:00PM (D)	6:15-8:00PM (S) 5:30-6:00PM (D)	6:15-8:00PM (S) 5:30-6:00PM (D)	6:15-8:00PM (S) 5:30-6:00PM (D)	6:15-8:00PM (S)	7:15-9:15AM (S)
<b>Bronze</b>	6:15-7:45PM(S) 5:30-6:00PM (D)	6:15-7:45PM(S) 5:30-6:00PM (D)	6:15-7:45PM(S) 5:30-6:00PM (D)	6:15-7:45PM(S) 5:30-6:00PM (D)		9:15-10:45AM (S)
<b>HS Performance</b>	4:00-5:30PM (S)	4:00-5:30PM (S)	4:00-5:30PM (S)	4:00-5:30PM (S)	4:00-5:30PM (S)	
<b>Blue</b>	6:30-7:30PM (S)	6:30-7:30PM (S)	6:30-7:30PM (S)	6:30-7:30PM (S)		
<b>Red</b>	5:30-6:15PM (S)		5:30-6:15PM (S)		5:30-6:15PM (S)	
<b>White</b>		5:30-6:15PM (S)		5:30-6:15PM (S)		

*The long course (Summer) practice schedule changes to doubles for the older groups, and different practice times for all groups, which will be determined!*

**Revised 09/08/2024**