

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	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)
Gold AM		5:15-6:45AM (S)	5:15-6:45AM (S)			
Dryland	3:15-3:45PM (D)	3:15-3:45PM (D)	3:15-3:45PM (D)	3:15-3:45PM (D)		
Silver	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)
Dryland	3:15-3:45PM (D)	3:15-3:45PM (D)	3:15-3:45PM (D)	3:15-3:45PM (D)		
Bronze	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)	
Dryland	5:00-5:30PM (D)	5:00-5:30PM (D)	5:00-5:30PM (D)	5:00-5:30PM (D)		
HS Performance	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)
Blue	6:45-7:45PM (S)	6:45-7:45PM (S)	6:45-7:45PM (S)	6:45-7:45PM (S)		
Red	6:00-6:45PM (S)		6:00-6:45PM (S)		6:00-6:45PM (S)	
White		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 09/10/2024

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S=Swim; D=Dryland; WU=Warm up to swim

ROSNER Y

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	3:15-5:15PM (S) 5:15-6:00PM (D) 3:00-3:15PM(WU)	3:15-5:15PM (S) 5:15-6:00PM (D) 3:00-3:15PM(WU)	3:15-5:15PM (S) 5:15-6:00PM (D) 3:00-3:15PM(WU)	3:15-5:15PM (S) 5:15-6:00PM (D) 3:00-3:15PM(WU)	3:15-5:15PM (S) 3:00-3:15PM(WU)	7:15-9:15AM (S)
Silver	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)
Bronze	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)
HS Performance	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)
Blue	5:15-6:15PM (S)	5:15-6:15PM (S)	5:15-6:15PM (S)		5:15-6:15PM (S)	
Red	5:15-6:00PM (S)		5:15-6:00PM (S)	5:15-6:00PM (S)		
White		6:15-7:00PM (S)		6:15-7:00PM (S)		

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MASSAD Y

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold - Fitness Pool	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
Silver - Fitness Pool	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
Bronze- Fitness Pool	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)	
HS Performance - Fitness Pool	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)	
Blue- Wellness Pool	5:45-6:45PM (S)	5:45-6:45PM (S)	5:45-6:45PM (S)	5:45-6:45PM (S)		
Red- Wellness Pool	5:45-6:30PM (S)		5:45-6:30PM (S)		5:45-6:30PM (S)	
White - Wellness Pool		5:45-6:30PM (S)		5:45-6:30PM (S)		

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JRSSC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold I	5:15-6:45AM (S) 3:30-5:30PM (S) 5:30-6:15PM (D)	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)	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)
Gold	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)
Silver	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)
Bronze	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)
HS Performance	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)	
Blue	6:30-7:30PM (S)	6:30-7:30PM (S)	6:30-7:30PM (S)	6:30-7:30PM (S)		
Red	5:30-6:15PM (S)		5:30-6:15PM (S)		5:30-6:15PM (S)	
White		5:30-6:15PM (S)		5:30-6:15PM (S)		

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