

Jupiter Dragons Swim Team

December 2018 – January 2019 Schedule

December 1th to 22nd – 2018 - Regular Team Schedule

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Purple 1		3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm		
Purple 2		3:45 - 4:30 pm	3:45 - 4:30 pm	3:45 - 4:30 pm		
Purple 3		4:30 - 5:15 pm	4:30 - 5:15 pm	4:30 - 5:15 pm		
Purple 4	5:15 - 6:00 pm		5:15 - 6:00 pm		5:15 - 6:00 pm	
Green 1	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	
Green 2	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	9:30 - 11:00 am (swim) 11:00 - 11:30 am (dry-land)
Orange		6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm		
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	5:30 - 6:30 pm	
Blue Junior	6:00 - 7:30 pm (swim)	5:20 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:20 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim)
Blue Senior	5:00 - 7:00 pm (swim) 7:00 - 7:30 pm (dry-land)	5:00 - 7:00 pm (swim)	5:00 - 7:00 pm (swim) 7:00 - 7:30 pm (dry-land)	5:00 - 7:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

NOTE: From Wednesday December 26, 2018 to Jan. 14, 2019 the pool will be Long Course. Starting Monday Dec. 26, 2018 to Monday Jan. 14, 2019 we will have a Modified team schedule. This is due to the college teams practicing at our pool. If there are any changes to the schedule you will be notified!

Please make sure you bring DRY-LAND ATTIRE to practice in case of cold weather!

If you have any questions regarding the program please feel free to email me at coachkiril@yahoo.com or call me at (561) 339-9959. Coach K

See the following pages and NOTICE the MODIFIED HOURS and DAYS!!!



December 26th to 29th – 2018 Modified Team Schedule

	Modified	Modified	Modified	Modified	Modified	Modified
Group	Mon. 24	Tues. 25	Wed. 26	Thu. 27	Fri. 28	Sat. 29
Purple All			4:00 - 4:45 pm w/Coach K & Coach Vania	4:00 - 4:45 pm w/Coach K & Coach Vania	4:00 - 4:45 pm w/Coach K & Coach Vania	
Green 1			2:00 - 2:45 pm	2:00 - 2:45 pm	2:00 - 2:45 pm	
Green 2			2:45 - 4:00 pm	2:45 - 4:00 pm	2:45 - 4:00 pm	
Elite	OFF	OFF	2:00 - 2:30 pm (dry-land) 2:30 - 4:00 pm (swim)	2:00 - 2:30 pm (dry-land) 2:30 - 4:00 pm (swim)	2:00 - 2:30 pm (dry-land) 2:30 - 4:00 pm (swim)	OFF
Orange			6:00 - 7:00 pm w/Coach Vania	6:00 - 7:00 pm w/Coach Andrew	6:00 - 7:00 pm w/Coach Andrew	
Red	OFF	OFF	6:00 - 7:30 pm w/Coach K &	6:00 - 7:30 pm w/Coach Andrew	6:00 - 7:30 pm w/Coach Andrew	
Blue Junior	OFF	OFF	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	10:00 - 12:00 am (swim)	4:00 - 6:00 pm (swim)
Blue Senior	OFF	OFF	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	10:00 - 12:00 am (swim)	4:00 - 6:00 pm (swim)

December 31st to January 5th – 2019 Modified Team Schedule

	Modified	Modified	Modified	Modified	Modified	Modified
Group	Mon. 31	Tues. 1	Wed. 2	Thu. 3	Fri. 4	Sat. 5
Purple 1			3:30 - 4:15 pm w/Coach Dave	3:30 - 4:15 pm w/Coach Dave	3:30 - 4:15 pm w/Coach Dave	
Purple 2			4:15 - 5:00 pm w/Coach Dave	4:15 - 5:00 pm w/Coach Dave	4:15 - 5:00 pm w/Coach Dave	
Green 1	OFF	OFF	2:00 - 2:45 pm	2:00 - 2:45 pm	2:00 - 2:45 pm	
Green 2	OFF	OFF	2:45 - 4:00 pm	2:45 - 4:00 pm	2:45 - 4:00 pm	
Elite	OFF	OFF	2:00 - 2:30 pm (dry-land) 2:30 - 4:00 pm (swim)	2:00 - 2:30 pm (dry-land) 2:30 - 4:00 pm (swim)	2:00 - 2:30 pm (dry-land) 2:30 - 4:00 pm (swim)	10:00 - 11:30 am (swim)
Orange		OFF	5:00 - 6:00 pm w/Coach Dave	5:00 - 6:00 pm w/Coach Dave	5:00 - 6:00 pm w/Coach Dave	
Red	OFF	OFF	4:30 - 6:00 pm w/Coach Andrew	4:30 - 6:00 pm w/Coach Andrew	4:30 - 6:00 pm w/Coach Andrew	
Blue Junior	OFF	OFF	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	8:00 - 10:00 am (swim/dry-land)	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim)
Blue Senior	OFF	OFF	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)	8:00 - 10:00 am (swim/dry-land)	8:00 - 10:00 am (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

January 7th to January 12th – 2019 Modified Team Schedule

	Modified	Modified	Modified	Modified	Modified	Modified
Group	Mon. 7	Tues. 8	Wed. 9	Thu. 10	Fri. 11	Sat. 12
Purple 1		4:00 - 4:40 pm	4:00 - 4:40 pm	4:00 - 4:40 pm		
Purple 2		4:40 - 5:20 pm	4:40 - 5:20 pm	4:40 - 5:20 pm		
Purple 3		5:20 - 6:00 pm	5:20 - 6:00 pm	5:20 - 6:00 pm		
Green 1	3:00 - 3:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	3:00 - 3:45 pm	
Green 2	3:45 - 5:00 pm	4:45 - 6:00 pm	4:45 - 6:00 pm	4:45 - 6:00 pm	3:45 - 5:00 pm	
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm (swim)	4:30 - 6:00 pm (swim)	4:30 - 6:00 pm (swim)	4:30 - 5:30 pm (swim)	9:45 - 10:15 am (dry-land) 10:15 - 11:45 pm (swim)
Orange		6:00 - 7:00 pm (swim)	6:00 - 7:00 pm (swim)	6:00 - 7:00 pm (swim)		
Red	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)	
Blue Junior	6:00 - 7:30 pm (swim)	5:20 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:20 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)	10:15 - 12:15 pm (swim)
Blue Senior	5:00 - 7:00 pm (swim) 7:00 - 7:30 pm (dry-land)	5:30 - 6:00 pm (running) 6:00 - 7:30 pm (swim)	5:30 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	5:30 - 6:00 pm (running) 6:00 - 7:30 pm (swim)	5:00 - 6:30 pm (swim)	9:45 - 10:15 am (dry-land) 10:15 - 12:15 pm (swim)

January 15th to January 31st – 2019 Regular Team Schedule

	Last Day Modified	Regular	Regular	Regular	Regular	Regular
Group	Mon. 14	Tues. 15	Wed. 16	Thu. 17	Fri. 18	Sat. 19
Purple 1		3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm		
Purple 2		3:45 - 4:30 pm	3:45 - 4:30 pm	3:45 - 4:30 pm		
Purple 3		4:30 - 5:15 pm	4:30 - 5:15 pm	4:30 - 5:15 pm		
Purple 4	5:15 - 6:00 pm		5:15 - 6:00 pm		5:15 - 6:00 pm	
Green 1	4:00 - 4:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	
Green 2	4:45 - 6:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	9:30 - 11:00 am (swim) 11:00 - 11:30 am (dry-land)
Orange		6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm		
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	5:30 - 6:30 pm	
Blue Junior	6:00 - 7:30 pm (swim)	5:20 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:20 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim)
Blue Senior	5:30 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	4:40 - 5:00 pm (running) 5:00 - 7:00 pm (swim)	5:00 - 7:00 pm (swim) 7:00 - 7:30 pm (dry-land)	4:40 - 5:00 pm (running) 5:00 - 7:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)