

Jersey Flyers Practice Schedule – **As of 11/17/17**
(Secaucus Pool)

NOVICE

Friday: 5:00 – 6:15pm
Saturday: 6:30 – 7:45pm
Sunday: 10:30 – 11:45am

PRE-JUNIOR

Wednesday: 6:15 – 7:15pm
Friday: 5:00 – 6:30pm
Saturday: 6:30 – 7:45pm
Sunday: 10:30 – 11:45am

JUNIOR

Monday: 5:00 – 6:30pm
Wednesday: 5:30 – 7:15pm (Dryland before pool)
Friday: 6:30 – 8:15pm
Saturday: 5:00 – 6:30pm
Sunday: 8:30-10:30am

SENIOR 3

Monday: 5:00 - 7:00pm
Tuesday: 6:00- 9:00pm (Pool Only)
Thursday: 5:00 – 6:25pm (CrossFit @ Secaucus CrossFit) – no pool
Friday: 6:30 – 8:15pm
Saturday: 5:00 – 7:00pm
Sunday: 8:30am – 10:30am

SENIOR 1 & 2

Monday: 7:00 – 9:00pm
Tuesday: 5:00 – 6:25pm (CrossFit @ Secaucus CrossFit) – no pool
Wednesday: 6:15 – 7:00pm (Yoga); 7:15-9:00 pm (pool)
Thursday: 6:00 – 9:00pm (pool only)
Saturday: 8:00 – 10:00am
Sunday: 6:30 – 8:30am