

Jersey Flyers Aquatic Club

(Practice location – Secaucus Rec. Ctr.)

Novice

Wednesday: 5:00pm – 6:15pm

Friday: 5:00pm – 6:15pm

Saturday: 6:15pm – 7:30pm

Sunday: 10:30am – 11:45am

Pre Junior

Wednesday: 5:00pm – 6:15pm

Friday: 5:00pm – 6:15pm

Saturday: 6:15pm – 7:30pm

Sunday: 10:30am – 11:45am

Junior

Monday: 5:00pm – 6:30pm

Wednesday: 5:00pm – 6:30pm

Friday: 5:00pm – 6:30pm

Saturday: 5:00pm – 6:30pm

Sunday: 8:30am – 10:30am

Senior 3

Monday: 5:00pm – 7:00pm

Tuesday: 5:00pm – 7:30pm (includes Dryland)

Wednesday: OFF

Thursday: 5:00pm – 7:00pm

Friday: 5:15pm – 8:00pm (includes Dryland)

Saturday: 5:00pm – 7:00pm

Sunday: 8:30am – 10:30am

Senior 1 & 2

Monday: 7:00pm – 9:00pm

Tuesday: 6:00pm – 9:00pm (includes Dryland)

Wednesday: 7:00pm – 9:00pm

Thursday: 6:00pm – 9:00pm (includes Dryland)

Friday: OFF

Saturday: 8:00am – 10:00am

Sunday: 6:30am – 8:30am