**FOBY swim team schedule from Sept. 11- March 11**

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| **Freehold**  |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| SENIOR1 | 5:00- 7:00Dryland TBA  | 5:00-7:00 | 5:00- 7:00Dryland TBA | 5:00-7:00 | 5:00- 7:00Dryland TBA | OFF | 6-8 amBegin 10/1 |
| Senior 2 | 7:00-8:30 | OFF | 7:00-8:30 | 7:00-8:30Dryland | 7:00-8:30 | OFF | 7am-7:45 DL8:00-9:30AM |
| Senior 2A \* | 7:00-8:30 | 7:00-8:30 | OFF | 5:30-7:00@ Old Bridge | OFF | 2:15- 3:15 @ Frhold | OFF |
| Senior 2B \* | OFF | 7:00-8:30 | OFF | 5:30-7:00@ Old Bridge | 7:00-8:30 | 2:15- 3:15@ Frhold | OFF |

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| **Old Bridge**  |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Mini II | 4:15 – 5:00 | OFF | 4:15-5:00 | OFF | 4:15-5:00 |  |
| Mini I | 5:00-5:45 | OFF | 5:00-5:45 | OFF | 5:00-5:45 |  |
| Junior | 5:45-7:00 | 5:30-7:00 | 5:45-7:00 |  | 5:45-7:00 |  |
| Senior Prep II |  | 4:15-5:30 |  | 4:15-5:30 |  | 2:15-3:45@ Freehold |
| Senior Prep I | 7:00 – 8:30 | 7:00-8:30 | 7:00-8:30 | OFF | 7:00-8:30 | 12:45-2:15@ Freehold |
| Senior 2A & 2B \* |  |  |  | 5:30-7:00 |  |  |
| HS Stroke Clinic |  |  |  | 7:00-8:309/14-11/2 |  |  |

From Nov. 6 thru mid-February (depending on Old Bridge High School swim meets) Senior 2A & 2B will swim from 7:30-8:30 rather than 5:15-6:45 and Senior Prep II will swim from 4:15-5:15 rather than 4:15-5:30