

2021-2022 PRACTICE SCHEDULE (updated 12/3/21)

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 - Starting November 8 - end of February

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seniors	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)
Dryland Starts - Dec 6	6:15-6:45PM (D)	6:15-6:45PM (D)	6:15-6:45PM (D)	6:15-6:45PM (D)		
Juniors	3:30-5:15PM (S)	3:30-5:15PM (S)	3:30-5:15PM (S)	3:30-5:15PM (S)	3:30-5:15PM (S)	8:00-10:00AM (S)
Dryland Starts - Dec 6	5:30-6:00PM (D)	5:30-6:00PM (D)	5:30-6:00PM (D)	5:30-6:00PM (D)		
Age Group I	5:15-6:30PM (S)	5:15-6:30PM (S)	5:15-6:30PM (S)	5:15-6:30PM (S)	5:15-6:30PM (S)	
Dryland Starts - Dec 6	6:45-7:15PM (D)	6:45-7:15PM (D)	6:45-7:15PM (D)	6:45-7:15PM (D)		
Age Group II	6:45-7:45PM (S)	6:45-7:45PM (S)	6:30-7:30PM (S)	6:45-7:45PM (S)	6:30-7:30PM (S)	
Developmental	6:00-6:45PM (S)	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!

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ROSNER Y

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seniors	3:00-5:15PM (S) 5:15-6:00PM (D)	3:00-5:15PM (S) 5:15-6:00PM (D)	3:00-5:15PM (S) 5:15-6:00PM (D)	3:00-5:15PM (S) 5:15-6:00PM (D)	3:00-5:15PM (S)	7:00-9:00AM (S)
Juniors Nov 9-end of Feb Dec 3-Feb4	5:15-7:00PM (S) 4:45-5:15PM (D)	5:00-6:45PM (S) 4:30-5:00PM (D)	5:15-7:00PM (S) 4:45-5:15PM (D)	5:00-6:45PM (S) 4:30-5:00PM (D)	5:00-6:30PM (S)	7:00-9:00AM (S)
Age Group I Dec 3-Feb4	6:15-7:30PM (S) 5:45-6:15PM (D)	6:15-7:30PM (S) 5:45-6:15PM (D)	6:15-7:30PM (S) 5:45-6:15PM (D)	6:15-7:30PM (S) 5:45-6:15PM (D)	5:15-6:30PM (S)	
Age Group II	5:15-6:15PM (S)	5:15-6:15PM (S)	5:15-6:15PM (S)	5:15-6:15PM (S)	5:15-6:15PM (S)	
Developmental	4:30-5:15PM (S)		4:30-5:15PM (S)		4:30-5:15PM (S)	

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MASSAD Y - Starting Dec 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seniors	4:30-6:45PM (S) 6:45-7:30PM (D)	4:30-6:45PM (S) 6:45-7:30PM (D)	4:30-6:45PM (S) 6:45-7:30PM (D)	4:30-6:45PM (S) 6:45-7:30PM (D)	4:30-6:45PM (S)	7:15-9:45AM (S) @ JRSSC
Juniors	5:45-7:30PM (S) 5:15-5:45PM (D)	5:45-7:30PM (S) 5:15-5:45PM (D)	5:45-7:30PM (S) 5:15-5:45PM (D)	5:45-7:30PM (S) 5:15-5:45PM (D)	5:15-7:00PM (S)	7:15-9:45AM (S) @ JRSSC
Age Group I	6:45-8:00PM (S) 6:15-6:45PM (D)	6:45-8:00PM (S) 6:15-6:45PM (D)	6:45-8:00PM (S) 6:15-6:45PM (D)	6:45-8:00PM (S) 6:15-6:45PM (D)	6:45-8:00PM (S)	
Age Group II	5:45-6:45PM (S)	5:45-6:45PM (S)	5:45-6:45PM (S)	5:45-6:45PM (S)	5:45-6:45PM (S)	
Developmental		5:00-5:45PM (S)		5:00-5:45PM (S)	5:00-5:45PM (S)	

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JRSSC - Starting November 8 - end of February

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior I	5:15-6:45AM (S)		5:15-6:45AM (S)		5:15-6:45AM (S)	7:15-9:45AM (S)
	5:00-7:00PM (S)	5:00-7:00PM (S)	5:00-7:00PM (S)	5:00-7:00PM (S)	5:00-7:00PM (S)	
No Dryland until Spring	4:30-5:00PM (D)	4:30-5:00PM (D)	4:30-5:00PM (D)	4:30-5:00PM (D)		
Senior II	4:30-6:30PM (S)	4:30-6:30PM (S)	4:30-6:30PM (S)	4:30-6:30PM (S)	5:15-6:45AM (S)	7:15-9:30AM (S)
No Dryland until Spring	4:30-5:00PM (D)	4:30-5:00PM (D)	4:30-5:00PM (D)	4:30-5:00PM (D)	4:30-6:30PM (S)	
Juniors	7:00-8:45PM (S)	7:00-8:45PM (S)	7:00-8:45PM (S)	7:00-8:45PM (S)	7:00-8:45PM (S)	7:15-9:15AM (S)
No Dryland until Spring	6:30-7:00PM (D)	6:30-7:00PM (D)	6:30-7:00PM (D)	6:30-7:00PM (D)		
AG I	7:00-8:15PM (S)	7:00-8:15PM (S)	7:00-8:15PM (S)	7:00-8:15PM (S)	7:00-8:15PM (S)	
No Dryland until Spring	6:30-7:00PM (D)	6:30-7:00PM (D)	6:30-7:00PM (D)	6:30-7:00PM (D)		
AG II	5:00-6:00PM (S)	5:00-6:00PM (S)	5:00-6:00PM (S)	5:00-6:00PM (S)	5:00-6:00PM (S)	
AG III		6:45-7:45PM (S)	6:45-7:45PM (S)	6:45-7:45PM (S)	6:45-7:45PM (S)	
Developmental		6:00-6:45PM (S)	6:00-6:45PM (S)	6:00-6:45PM (S)		

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