

2022-2023 PRACTICE SCHEDULE

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| Seniors | 3:15-5:15PM (S) | 3:15-5:15PM (S) | 3:15-5:15PM (S) | 3:15-5:15PM (S) | 3:15-5:15PM (S) | 8:00-10:00AM (S) |
| Dryland Starts - Dec 4 | 5:25-5:55PM (D) | 5:25-5:55PM (D) | 5:25-5:55PM (D) | 5:25-5:55PM (D) | | |
| Juniors | 3:30-5:15 PM (S) | 3:30-5:15 PM (S) | 3:30-5:15 PM (S) | 3:30-5:15 PM (S) | 3:30-5:15 PM (S) | 8:00-10:00AM (S) |
| Dryland Starts - Dec 4 | 5:25-5:55PM (D) | 5:25-5:55PM (D) | 5:25-5:55PM (D) | 5:25-5:55PM (D) | | |
| Age Group I | 5:15-6:30 PM (S) | 5:15-6:30 PM (S) | 5:15-6:30 PM (S) | 5:15-6:30 PM (S) | 5:15-6:30 PM (S) | |
| Dryland Starts - Dec 4 | 4:45-5:10 PM (D) | 4:45-5:10 PM (D) | 4:45-5:10 PM (D) | 4:45-5:10 PM (D) | | |
| Age Group II | 6:00-7:00PM (S) | 6:00-7:00PM (S) | 6:00-7:00PM (S) | 6:00-7:00PM (S) | 6:00-7:00PM (S) | |
| Developmental | 5:15-6:00PM (S) | | 5:15-6:00PM (S) | | 5:15-6:00PM (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!

Revised 8/12/22

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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 | 5:15-7:00PM (S) 4:45-5:15PM (D) | 5:15-7:00PM (S) 4:45-5:15PM (D) | 5:15-7:00PM (S) 4:45-5:15PM (D) | 5:15-7:00PM (S) 4:45-5:15PM (D) | 5:15-7:00PM (S) | 7:00-9:00AM (S) |
| Age Group I | 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) | 6:15-7:30PM (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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|------------------------------------|--|------------------------------------|------------------------------------|------------------------------------|-------------------------|
| Seniors - Fitness Pool | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) | 7:15-9:30AM (S) @ JRSSC |
| Juniors - Fitness Pool | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) | 7:15-9:15AM (S) @ JRSSC |
| Age Group I - Fitness Pool | 6:40-7:55PM (S) 6:10-6:40PM (D) | 6:40-7:55PM (S) 6:10-6:40PM (D) | 6:40-7:55PM (S) 6:10-6:40PM (D) | 6:40-7:55PM (S) 6:10-6:40PM (D) | 6:40-7:55PM (S) | |
| Age Group II - Wellness Pool | 7:00-8:00PM (S) | 7:00-8:00PM (S) | 7:00-8:00PM (S) | 7:00-8:00PM (S) | 7:00-8:00PM (S) | |
| Developmental - Wellness Pool | | 5:00-5:45PM (S) or 5:45-6:30PM (S) | | 5:00-5:45PM (S) 5:45-6:30PM (S) | 5:00-5:45PM (S) 5:45-6:30PM (S) | |

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JRSSC

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|-----------------|-----------------|------------------|-----------------|-----------------|-----------------|
| Senior I | | | 5:15-6:45AM (S) | | 5:15-6:45AM (S) | 7:15-9:30AM (S) |
| | 3:30-5:30PM (S) | 3:30-5:30PM (S) | 3:30-5:30PM (S) | 3:30-5:30PM (S) | 3:30-5:30PM (S) | |
| | 5:30-6:15PM (D) | 5:30-6:15PM (D) | 5:30-6:15PM (D) | 5:30-6:15PM (D) | | |
| Senior II | 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) | 7:15-9:15AM (S) |
| | 3:30-4:00PM (D) | 3:30-4:00PM (D) | 3:30-4:00PM (D) | 3:30-4:00PM (D) | | |
| Juniors | 6:30-8:15PM (S) | 6:30-8:15PM (S) | 6:30-8:15PM (S) | 6:30-8:15PM (S) | 6:30-8:15PM (S) | 7:15-9:15AM (S) |
| | 6:00-6:30PM (D) | 6:00-6:30PM (D) | 6:00-6:30PM (D) | 6:00-6:30PM (D) | | |
| Age Group 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) | |
| | 6:30-7:00PM (D) | 6:30-7:00PM (D) | 6:30-7:00PM (D) | 6:30-7:00PM (D) | | |
| Age Group II | 5:30-6:30PM (S) | 5:30-6:30PM (S) | 5:30-6:30PM (S) | 5:30-6:30PM (S) | 5:30-6:30PM (S) | |
| AG III | 6:00-7:00PM (S) | 6:00-7:00PM (S) | 6:00-7:00PM (S) | 6:00-7:00PM (S) | | |
| Developmental | | 5:00-5:45PM (S) | 5:00-5:45PM (S) | 5:00-5:45PM (S) | | |
| | or | 5:45-6:30PM (S) | 5:45-6:30PM (S) | 5:45-6:30PM (S) | | |

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