

## **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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Seniors</b>	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)
<b>Dryland Starts - Dec 4</b>	5:25-5:55PM (D)	5:25-5:55PM (D)	5:25-5:55PM (D)	5:25-5:55PM (D)		
<b>Juniors</b>	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)
<b>Dryland Starts - Dec 4</b>	5:25-5:55PM (D)	5:25-5:55PM (D)	5:25-5:55PM (D)	5:25-5:55PM (D)		
<b>Age Group I</b>	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)	
<b>Dryland Starts - Dec 4</b>	4:45-5:10 PM (D)	4:45-5:10 PM (D)	4:45-5:10 PM (D)	4:45-5:10 PM (D)		
<b>Age Group II</b>	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)	
<b>Developmental</b>	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 11/16/22***

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### **ROSNER Y**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Seniors</b>	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)
<b>Juniors</b>	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)
<b>Age Group I</b>	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)	
<b>Age Group II</b>	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)	
<b>Developmental</b>	4:30-5:15PM (S)		4:30-5:15PM (S)		4:30-5:15PM (S)	

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### **MASSAD Y**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Seniors - Fitness Pool</b>	4:30-6:30PM (S) 3:45-4:15PM (D)	4:30-6:30PM (S) 3:45-4:15PM (D)	4:30-6:30PM (S) 3:45-4:15PM (D)	4:30-6:30PM (S) 3:45-4:15PM (D)	4:30-6:30PM (S)	7:15-9:30AM (S) @ JRSSC
<b>Juniors - Fitness Pool</b>	4:30-6:30PM (S) 6:40-7:15PM (D)	4:30-6:30PM (S) 6:40-7:15PM (D)	4:30-6:30PM (S) 6:40-7:15PM (D)	4:30-6:30PM (S) 6:40-7:15PM (D)	4:30-6:30PM (S)	7:15-9:15AM (S) @ JRSSC
<b>Age Group I - Fitness Pool</b>	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)	
<b>Age Group II - Wellness Pool</b>	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)	
<b>Developmental - Wellness Pool</b>		5:45-6:30PM (S)		5:45-6:30PM (S)	5:45-6:30PM (S)	

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### **JRSSC**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Senior I</b>			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)		
<b>Senior II</b>	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)		
<b>Juniors</b>	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)		
<b>Age Group I</b>	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)		
<b>Age Group II</b>	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)	
<b>AG III</b>	6:00-7:00PM (S)	6:00-7:00PM (S)	6:00-7:00PM (S)	6:00-7:00PM (S)		
<b>Developmental</b>		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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