

2022-2023 PRACTICE SCHEDULE

PRACTICE BEGINS MONDAY, SEPTEMBER 12th

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	3:30-5:30PM (S)	3:30-5:30PM (S)	3:30-5:30PM (S)	3:30-5:30PM (S)	3:30-5:30PM (S)	8:00-10:00AM (S)
Dryland Starts - Dec 4						
Juniors	3:45-5:30PM (S)	3:45-5:30PM (S)	3:45-5:30PM (S)	3:45-5:30PM (S)	3:45-5:30PM (S)	8:00-10:00AM (S)
Dryland Starts - Dec 4						
Age Group I	5:30-6:45PM (S)	5:30-6:45PM (S)	5:30-6:45PM (S)	5:30-6:45PM (S)	5:30-6:45PM (S)	
Dryland Starts - Dec 4						
Age Group II	6:15-7:15PM (S)	6:15-7:15PM (S)	6:15-7:15PM (S)	6:15-7:15PM (S)	6:15-7:15PM (S)	
Developmental	5:30-6:15PM (S)		5:30-6:15PM (S)		5:30-6:15PM (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)	6:30-8:30AM (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)	6:30-8:30AM (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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