

2023-2024 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	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	3:10-3:40PM (D)	3:10-3:40PM (D)	3:10-3:40PM (D)	3:10-3:40PM (D)		
Juniors	4:00-5:45 PM (S)	4:00-5:45 PM (S)	4:00-5:45 PM (S)	4:00-5:45 PM (S)	4:00-5:45 PM (S)	8:00-10:00AM (S)
Dryland	3:10-3:40PM (D)	3:10-3:40PM (D)	3:10-3:40PM (D)	3:10-3:40PM (D)		
Age Group I	6:00-7:15 PM (S)	6:00-7:15 PM (S)	6:00-7:15 PM (S)	6:00-7:15 PM (S)	6:00-7:15 PM (S)	
Dryland	5:15-5:45 PM (D)	5:15-5:45 PM (D)	5:15-5:45 PM (D)	5:15-5:45 PM (D)		
Age Group II	6:30-7:30PM (S)	6:30-7:30PM (S)	6:30-7:30PM (S)	6:30-7:30PM (S)	6:00-7:00PM (S)	
Developmental	5:45-6:30PM (S)		5:45-6:30PM (S)	5:45-6:30PM (S)		

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Revised 9/25/23

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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) 3:45-4:20PM (D)	4:30-6:30PM (S) 3:45-4:20PM (D)	4:30-6:30PM (S) 3:45-4:20PM (D)	4:30-6:30PM (S) 3:45-4:20PM (D)	4:30-6:30PM (S)	7:15-9:30AM (S) @ JRSSC
Juniors - Fitness Pool	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
Age Group I - Fitness Pool	6:30-7:45PM (S) 6:00-6:25PM (D)	6:30-7:45PM (S) 6:00-6:25PM (D)	6:30-7:45PM (S) 6:00-6:25PM (D)	6:30-7:45PM (S) 6:00-6:25PM (D)	6:30-7:45PM (S)	
Age Group II - Wellness Pool	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)	
Developmental - Wellness Pool	6:30-7:15PM (S)	6:30-7:15PM (S)		6:30-7:15PM (S)		

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JRSSC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior I			5:15-6:45AM (S)		5:15-6:45AM (S)	7:15-9:45AM (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)	
	5:30-6:00PM (D)	5:30-6:00PM (D)	5:30-6:00PM (D)	5:30-6:00PM (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)
	6:00-6:30PM (D)	6:00-6:30PM (D)	6:00-6:30PM (D)	6:00-6:30PM (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	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)	
AG III	5:30-6:30PM (S)	5:30-6:30PM (S)	5:30-6:30PM (S)	5:30-6:30PM (S)		
Developmental		5:00-5:45PM (S)	5:00-5:45PM (S)	5:00-5:45PM (S)		
	or	6:00-6:45PM (S)	6:00-6:45PM (S)	6:00-6:45PM (S)		

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