YFD Practice Schedule September 8, 2025 – February 28, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National 13-Over X6	4:30-6:30 PM Swim **92Y**	Dyland 5:30-6:10 PM Roof 6:30-8:00 PM Swim **SH** Nov 4–Feb 24 6:30-7:30 PM Dry Boxing Room 7:45-9:15 PM **SH**	4:30-6:30 PM Swim **92Y**	Dryland 5:00-5:45 PM Roof 6:00-8:00 PM Swim **SH** Nov 6–Feb 12 6:00-7:00 PM Dry Boxing Room 7:15-8:45PM **SH**	4:30 – 6:30PM Swim **92Y**	6:00-8:00AM **92Y** 8:10-9:00AM Dry-Mack Gym **92Y**	**OFF**
Age Group III 11-13 X4	**OFF**	5:00-6:30 PM Swim **SH** Nov 4–Feb 24 6:30-7:25 PM Dry M2 7:30-9PM **92Y**	5:45-6:30 PM Dry Boxing Room 6:30-7:30 PM Swim **92Y**	Dryland 5:00-5:45 PM Rooftop 6:00-8:00 PM Swim **SH** Nov 6–Feb 12 6:30-7:00 PM Dry M2 7:15-8:45 PM **Swim 92NY**	5:00-6:30PM **SH** Swim Nov 7-Feb 27 7:00 – 8:00 PM Swim SH	3:00-5:00PM Swim **SH**	2:30-4:30PM Swim **SH**
Age Group II 9-11 X3	**OFF**	5:00-5:30 PM Dry M2 5:30-6:30 PM Swim **92Y**	6:30-7:30PM Swim **SH** Nov 5-Feb 28 5:00-6:00 PM Dry Boxing **92Y**	5:00-5:30PM Dry Boxing Room 5:30-6:30 PM Swim **92Y**	**OFF**	2:00-3:00 PM Swim **92Y**	9:30-11 AM Swim **SH**
Age Group I 5-9 X2	**OFF**	4:00-4:20 PM Dry Boxing Room 4:30-5:30 PM Swim **92Y**	**OFF**	4:00-4:20 PM Dry Boxing Room 4:30-5:30 PM Swim **92Y**	**OFF**	1:00-2:00PM Swim **92NY**	11AM-12PM Swim **SH**
Senior II 13&Over X4	**OFF**	6:30-8:30 PM **HUNTER**	6:30-7:30 PM Dry 7:30-8:30 PM Swim **HUNTER**	6:30-7:30 PM Dry 7:30-8:30 PM Swim **HUNTER**	6:30-8:30 PM **HUNTER**	3:00-5:00PM **HUNTER**	12:00 – 1:00 PM Dry Boxing Rm 1:00-2:00 PM Swim **92Y**
Senior I 12&Over X2-3	7:00-8:30 PM Swim **HUNTER**	**OFF**	7:30-8:30PM Swim **SH** Nov 5 -Feb 28 7:15-8:45PM Swim **SH**	**OFF**	6:30-8:00 PM Swim **SH** Nov 7-Feb 27 6:35-7:15 PM Dry Studio 92 7:30-9:00 PM Swim **92Y**	3:00-4:15 PM Swim **92NY**	1:30 – 2:00 PM Dry CCS 2:00-3:00 PM Swim **92Y**
Junior 9-12 X2	**OFF**	6:00-6:25 PM Dry M2 6:30-7:30PM Swim **92Y**	**OFF**	6:00-6:25 PM Dry M2 6:30-7:30 PM Swim **92NY**	6:00-6:25 PM Dry Studio 92 6:30-8:00 PM Swim **92Y** Nov 7-Feb 27 6:00-6:25 PM Dry Studio 92 6:30-7:30 PM Swim **92Y**	4:15-5:30 PM Swim **92NY**	4:30-5:30 PM Swim **SH**
Swim Squad			6:30-7:30 PM **Hunter**	6:30-7:30 PM **Hunter**			2:30-3:30 PM **SH**