

YFD Practice Schedule September 9, 2024 – February 21, 2025

	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 5-Feb 25 6:30-7:30 PM Dry Boxing Room 7:45-9:15 PM SH	5:30-7:30 PM Swim 92Y	Dryland 5:00-5:45 PM Roof 6:00-8:00 PM Swim SH Nov 7-Feb 27 6:30-7:30 PM Dry Boxing Room 7:45-9:15 PM 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 5-Feb 25 6:30-7:25 PM Dry Studio 92 7:30-9PM 92Y	4:30-5:30 PM Swim 5:45-6:30 PM Dry Boxing Room 92Y	Dryland 5:00-5:45 PM Roof 6:00-8:00 PM Swim SH Nov 7-Feb 27 6:30-7:30 PM Dry 7:30-9:00 PM Swim 92NY	5:00-6:30PM SH Swim Nov 8-Feb 28 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	5:00-5:25PM Dry HFS 5:30-6:30 PM Swim 92Y	6:30-7:30PM Swim SH Nov 6-Feb 26 5:00-6:00 PM Dry Boxing 92Y	5:00-5:25PM Dry Boxing Room 5:30-6:30 PM Swim 92Y	OFF	2:30-3:30 PM Swim 92Y	9:30-11 AM Swim SH
Age Group I 5-9 X2	OFF	4:00-4:30 PM Dry HFS 4:30-5:30 PM Swim 92Y	OFF	4:00-4:30 PM Dry tbd 4:30-5:30 PM Swim 92Y	OFF	1:30-2:30PM 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	3:30-5:30 PM 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 6-Feb 26 7:15-8:45PM Swim SH	OFF	6:30-8:00 PM Swim SH Nov 8-Feb 28 6:35-7:15 PM Dry HFS 7:30-9:00 PM Swim 92Y	12:30-2:00 PM Swim HUNTER	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 Studio 92 6:30-7:30PM Swim 92Y	OFF	6:00-6:25 PM Dry Boxing Room 6:30-7:30 PM Swim 92NY	6:00-6:25 PM Dry HFS 6:30-8:00 PM Swim 92Y Nov 8-Feb 28 6:00-6:25 PM Dry HFS 6:30-7:30 PM Swim 92Y	2:00–3:30 PM Swim HUNTER	4:30-5:30 PM Swim SH
Swim Squad 9&Over	OFF		6:30-7:30 PM Hunter	6:30-7:30 PM Hunter			2:30-3:30 PM SH