

Group: **Junior Green (JG)**
 Coach: Mauricio Torres
 Start Date: September 14, 2025

Junior Green (JG)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 10:15 AM-12:00 PM @ HJ						
PM		Swim: 5:15-7:00 PM @ PIN	Swim: 5:00-6:15 PM @ RA Stretching: 6:15-6:30 PM			Swim: 3:30-4:45 PM @ RA Dryland: 4:45-5:15 PM	

Notes:

- *Delbrook unavailable due to maintenance until October 15th ; September schedule will differ from typical week
- *Schedule set runs September to March. Schedules subject to change after March break - pending new HJ facility status
- *Schedule will change in May due to Summer allocation changes - pending new HJ facility status
- *Subject to adjustments due to Stat holidays and swim meets.
- *Modified schedule for week of December 15th
- *Winter Break - OFF
- *March Break draft plan - Week #1 (Mar 17-21) OFF ; Week #2 (Mar 23-28) ON

Group: **Junior Blue (JB)**
 Coach: TBD
 Start Date: September 16, 2025

Junior Blue (JB)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 8:45-10:00 AM @ RA Stretching: 10:00-10:15 AM						
PM			Swim: 5:00-6:15 PM @ RA Stretching: 6:15-6:30 PM			Swim: 5:15-6:30 PM @ RA Stretching: 6:45-7:00 PM	

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- *Subject to adjustments due to Stat holidays and swim meets.
- *Modified schedule for week of December 15th
- *Winter Break - OFF
- *March Break - OFF

Group: **Junior White (JW)**
Coach: Gus Yan
Start Date: September 18, 2025

Junior White (JW)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 8:45-10:00 AM @ RA Stretching: 10:00-10:15 AM						
PM			Swim: 6:00-7:15 PM @ RA Stretching: 7:15-7:30 PM			Swim: 4:15-5:30 PM @ RA Stretching: 5:45-6:00 PM	

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 - *Modified schedule for week of December 15th
 - *Winter Break - OFF
 - *March Break - OFF