

Group: **Youth Green (YG)**

Coach: Emmy Obedkoff

Start Date: September 8, 2025

Youth Green (YG)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 8:45-10:30 AM @ HJ  Dryland: 10:45-11:15 AM		Swim: 6:00-7:45 AM @ RA				
PM				Swim: 6:45-8:30 PM @ HJ  Dryland: 6:15-6:45 PM	Swim: 6:45-8:30 PM @ HJ	Swim: 5:15-7:00 PM @ PIN	

## 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 draft plan - Week #1 (Dec 23-Jan 1) OFF ; Week #2 (Jan 2-5) ON

\*March Break draft plan - Week #1 (Mar 17-21) OFF ; Week #2 (Mar 23-28) ON

Group: **Youth Blue (YB)**  
 Coach: Nolan Joudrie  
 Start Date: September 9, 2025

Youth Blue (YB)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 8:45-10:30 AM @ HJ	Swim: 6:00-7:45 AM @ PIN					
PM			Swim: 6:45-8:30 PM @ HJ	Swim: 6:45-8:30 PM @ PIN	Swim: 6:45-8:30 PM @ HJ		
					Dryland: 6:15-6:45 PM		

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- \*Modified schedule for week of December 15th
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- \*March Break draft plan - Week #1 (Mar 17-21) OFF ; Week #2 (Mar 23-28) ON

Group: **Youth White (YW)**

Coach: Caroline Bridgman

Start Date: September 9, 2025

Youth White (YW)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 10:15 AM-12:00 PM @ HJ  Dryland: 12:00-12:30 PM	Swim: 6:00-7:45 AM @ PIN					
PM				Swim: 5:15-7:00 PM @ PIN	Swim: 5:00-6:15 PM @ RA  Stretching: 6:15-6:30 PM		

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\*Modified schedule for week of December 15th

\*Winter Break - OFF

\*March Break - OFF