

Jupiter Dragons Swim Team

School Year Team Schedule

Starts on Monday August 16, 2021

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
A.M. GROUPS						
Purple AM		9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am		
Orange AM		9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am		
P.M. GROUPS						
Purple 1		3:00 - 3:40 pm	3:00 - 3:40 pm	3:00 - 3:40 pm		
Purple 2		3:40 - 4:20 pm	3:40 - 4:20 pm	3:40 - 4:20 pm		
Purple 3		4:20 - 5:00 pm	4:20 - 5:00 pm	4:20 - 5:00 pm		
Green 1	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	
Green 2	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	
Orange	5:00 - 6:00 pm		5:00 - 6:00 pm		5:00 - 6:00 pm	
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	9:30 - 11:00 am (swim) 11:00 – 11:30 am (dry-land)
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:00 pm	
Blue Junior	6:00 - 7:30 pm (swim)	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:15 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim)
Blue Senior	5:00 - 7:00 pm (swim) 7:00 – 7:30 pm (dry-land)	5:00 - 7:15 pm (swim)	5:00 - 7:00 pm (swim) 7:00 – 7:30 pm (dry-land)	5:00 - 7:15 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

Blue - Senior AM practices TBA.

This schedule is in effect when there are no swim meets or other changes!!!

If you have any questions regarding the program please feel free to call Coach K at (561) 339-9959 or email at coachkiril@yahoo.com