

Jupiter Dragons Swim Team

School Year Team Schedule

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
A.M. GROUPS swimming in Yards						
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 swimming in Meters						
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		
Purple 4		5:00 - 5:40 pm	5:00 - 5:40 pm	5:00 - 5:40 pm		
Green 1	3:45 - 4:30 pm	3:45 - 4:30 pm	3:45 - 4:30 pm	3:45 - 4:30 pm	3:45 - 4:30 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 1	5:00 - 6:00 pm		5:00 - 6:00 pm		5:00 - 6:00 pm	
Orange 2		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm		
P.M. GROUPS swimming in Yards						
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	5:15 - 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim) 9:30 - 10:15 pm (dry-land)
P.M. GROUPS swimming in Meters						
Blue Senior	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)
National Development	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:15 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:00 - 7:00 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

National Development AM practices if needed 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