

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 Yards & 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		
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	9:00 - 9:30 am (dry-land) 9:30 - 11:00 am (swim)
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	5:15 - 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 5:30 pm	5:30 - 6:00 pm (dry-land) 6:00 - 8:00 pm (swim)	6:00 - 8:00 pm (swim)	5:30 - 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 - 9:30 am (swim) 9:45 - 10:30 am (dry-land)
National Development 3:30 pm	3:30 - 5:30 pm (swim) 5:30 - 6:00 pm (dry-land)	3:30 - 5:30 pm (swim)	3:30 - 5:30 pm (swim) 5:30 - 6:00 pm (dry-land)	3:30 - 5:30 pm (swim)	5:00 - 7:00 pm (swim)	7:30 - 9:30 am (swim) 9:45 - 10:30 am (dry-land)

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