



New Tampa TYS – Thanksgiving Week Schedule

November 24 – November 29, 2025

TYS Senior – New Tampa

Monday Morning AND	7:00am – 9:00am	Dynamic & Swim
Monday Afternoon	4:30pm – 6:30pm	Dry-land & Swim
Tuesday Morning (LCM) AND	7:00am – 9:00am	Dynamic & Swim
Tuesday Afternoon	4:30pm – 6:30pm	Dry-land & Swim
Wednesday	7:00am – 9:00am	Dynamic & Swim
Thursday	No Practice	
Friday	7:00am – 9:00am	Dynamic & Swim
Saturday	7:00am – 9:00am	Dynamic & Swim

TYS Gold – New Tampa

Monday Morning OR	7:00am – 9:00am	Dynamic & Swim
Monday Afternoon	4:30pm – 6:30pm	Dry-land & Swim
Tuesday Morning (LCM) OR	7:00am – 9:00am	Dynamic & Swim
Tuesday Afternoon	4:30pm – 6:30pm	Dry-land & Swim
Wednesday	7:00am – 9:00am	Dynamic & Swim
Thursday	No Practice	
Friday	7:00am – 9:00am	Dynamic & Swim
Saturday	7:00am – 9:00am	Dynamic & Swim

TYS Silver & Senior Prep – New Tampa

Monday	5:30pm – 7:00pm	Swim
Tuesday	5:30pm – 7:00pm	Swim
Wednesday	7:00am – 9:00am	Dynamic & Swim
Thursday	No Practice	
Friday	No Practice	
Saturday	7:00am – 9:00am	Dynamic & Swim

TYS Bronze – New Tampa

Monday	5:30pm – 7:00pm	Dry-land & Swim
Tuesday	5:30pm – 7:00pm	Dry-land & Swim
Wednesday	7:30am – 9:00am	Dynamic & Swim
Thursday	No Practice	
Friday	No Practice	
Saturday	7:30am – 9:00am	Dynamic & Swim