



South Tampa TYS

November 24 – November 29, 2025

TYS Senior Prep – South Tampa

Monday, Nov. 24	7:00am – 9:00am	Dry-land & Swim
Tuesday, Nov. 25	7:00am – 9:00am	Dry-land & Swim
Wednesday, Nov. 26	No Practice	
Thursday, Nov. 27	No Practice	
Friday, Nov. 28 @ New Tampa Y	No Practice	
Saturday, Nov. 29 @ New Tampa Y	7:00am – 9:00am	Dynamic & Swim

TYS Bronze – South Tampa

Monday, Nov. 24	7:00am – 8:30am	Dry-land & Swim
Tuesday, Nov. 25	7:00am – 8:30am	Dry-land & Swim
Wednesday, Nov. 26	No Practice	
Thursday, Nov. 27	No Practice	
Friday, Nov. 28	No Practice	
Saturday, Nov 29 @ New Tampa Y	7:30am – 9:00am	Dynamic & Swim