



## Greater Holyoke YMCA Vikings

Fall/Winter 2025-2026

### Practice Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Developmental 1	6-7pm (Small Pool)	5-6pm (Small Pool)	X	5-6pm (Small Pool)	X	X
Developmental 2	X	6-7pm (Small Pool)	5-6pm (Small Pool)	6-7pm (Small Pool)	5-6pm (Small Pool)	X
Age Group 1	5:15-6:30pm	5:15-6:30pm	5:15-6:30pm	5:15-6:30pm	5:15-6:30pm	X
Age Group 2	5-6:30pm	5-6:30pm	5-6:30pm	5-6:30pm	5-6:30pm	10:30am-12pm
Age Group Select	5-6:30pm	5-6:30pm	5-6:30pm	5-6:30pm	5-6:30pm	12-1:30pm
Senior 1	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	1:30-3pm
Senior 2	3:15-5:15pm	3:15-5:15pm	3:15-5:15pm	3:15-5:15pm	3:15-5:15pm	

*Dryland schedule To Be Determined*