

SWIM TEAM



2025-2026 ~ JY BRANCH

WINTER PRACTICE SCHEDULE

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	12:30-1:30pm	OFF	OFF	6:00-6:45pm	OFF	OFF	8:00-9:00am JOINT @ JY
Green	1:45-3:00pm JOINT @ KAY	5:45-6:45pm	OFF	OFF	OFF	5:15-6:15pm	OFF
Teal 1	3:00-4:30pm JOINT @ KAY	6:45-8:15pm	OFF	OFF	6:00-7:15pm	OFF	OFF
Teal 2	3:00-4:30pm JOINT @ KAY	6:45-8:15pm	OFF	OFF	OFF	5:15-6:30pm	OFF
Blue	2:15-4:30pm JOINT @ JY	OFF	5:15-6:45pm	6:45-8:15pm	OFF	OFF	10:30am-12:00pm
Senior 1	10:00am-12:30pm JOINT @ KAY	OFF	3:30-5:15pm	OFF	6:30-8:30pm	3:30-5:15pm	9:00-10:30am
Senior 2	10:00am-12:30pm JOINT @ KAY	3:30-5:45pm	6:45-8:30pm	3:30-6:00pm	3:30-6:00pm	OFF	OFF
Stroke & Conditioning 10 & Under A	1:30-2:00pm	OFF	OFF	OFF	6:00-6:30pm	OFF	OFF
Stroke & Conditioning 10 & Under B	OFF	6:00-6:30pm	OFF	6:00-6:30pm	OFF	OFF	OFF
Stroke & Conditioning 11 & Over	12:45-1:30pm	OFF	OFF	5:15-6:00pm	OFF	OFF	9:15-10:00am

KJAY SWIMMING: www.gomotionapp.com/makay