



2025-2026 ~ KAY BRANCH

WINTER PRACTICE SCHEDULE

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