



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

### Rocky Run Swim Team Practice Schedule- Fall/Winter 2023-24

**\*September 11-March 22. Changes may be made as necessary \***

| Group         |         | Monday    | Tuesday   | Wednesday | Thursday  | Friday    | Saturday | Sunday      |
|---------------|---------|-----------|-----------|-----------|-----------|-----------|----------|-------------|
| Pre-Team*     | Swim    | OFF       | 6:45-7:30 | OFF       | 6:45-7:30 | OFF       | OFF      | OFF         |
| Developmental | Swim    | 5:15-6:00 | OFF       | 5:15-6:00 | OFF       | 5:15-6:00 | OFF      | 10:30-11:15 |
|               | Dryland | 6:00-6:30 | OFF       | 6:00-6:30 | OFF       | OFF       | OFF      | OFF         |
| Age Group 1   | Swim    | 6:00-7:15 | OFF       | 6:00-7:15 | OFF       | 6:00-7:15 | OFF      | 11:15-12:30 |
|               | Dryland | 5:15-5:45 | OFF       | 5:15-5:45 | OFF       | OFF       | OFF      | OFF         |
| Age Group 2   | Swim    | 7:15-8:45 | OFF       | 7:15-8:45 | OFF       | 7:15-8:45 | OFF      | 11:00-12:30 |
|               | Dryland | 6:30-7:10 | OFF       | 6:30-7:10 | OFF       | OFF       | OFF      | OFF         |
| Junior        | Swim    | 7:15-8:45 | 7:30-9:00 | 7:15-8:45 | 7:30-9:00 | 7:15-8:45 | OFF      | 12:30-2:00  |
|               | Dryland | 6:30-7:10 | OFF       | 6:30-7:10 | OFF       | OFF       | OFF      | OFF         |
| Senior        | Swim    | 7:15-8:45 | 7:30-9:00 | 7:15-8:45 | 7:30-9:00 | 7:15-8:45 | OFF      | 12:30-2:00  |
|               | Dryland | 6:30-7:10 | OFF       | 6:30-7:10 | OFF       | OFF       | OFF      | OFF         |
| HS Warmup     | Swim    | 7:15-8:45 | 7:30-9:00 | 7:15-8:45 | 7:30-9:00 | 7:15-8:45 | OFF      | 12:30-2:00  |
|               | Dryland | 6:30-7:10 | OFF       | 6:30-7:10 | OFF       | OFF       | OFF      | OFF         |

**Rocky Run YMCA  
1299 W Baltimore Pike  
Media, PA 19063**

#### **\* Pre-Team Session Schedule**

**Sept 12 to Oct 26  
Oct 31 to Dec 14  
Jan 2 to Feb 15**