

2025 - 2026 SYJCC Practice Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blue	5:00 - 6:30 PM Swim	6:20 - 7:00 PM Dry 7:00 - 8:30 PM Swim	5:00 - 7:00 PM Swim	7:00 - 8:30 PM Swim	5:30 - 6:00 PM Dry 6:00 - 7:30 PM Swim	7:00 - 8:30 AM Swim	OFF
Gold	6:00 - 6:30 Dry 6:30 - 7:30 PM Swim	6:00 - 7:00 PM Swim	7:00 - 8:00 PM Swim	6:00 - 7:00 PM Swim	5:30 - 6:00 PM Dry 6:00 - 7:30 PM Swim	8:30 - 9:30 AM Swim	OFF
Age Group 3 (AG3)	7:30 - 8:30 PM Swim	7:00 - 8:30 PM Swim	OFF	7:30 - 8:30 PM Swim	OFF	7:30 - 8:30 AM Swim	3:30 - 5:00 PM Swim
Age Group 2 (AG2)	6:30 - 7:30 PM Swim	6:00 - 7:00 PM Swim	OFF	6:00 - 7:00 PM Swim	5:00 - 6:00 PM Swim	OFF	2:30 - 3:30 PM Swim
Age Group 1 (AG1)	OFF	5:00 - 6:00 PM Swim	OFF	5:00 - 6:00 PM Swim	OFF	9:30 - 10:30 AM Swim	1:30 - 2:30 PM Swim