

YMCA OF GREATER BOSTON SEA DRAGONS

OAK SQUARE SPRING 2025 PRACTICE SCHEDULE MAY 5, 2025 – AUGUST 7, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00pm	Developmental and Intermediate Team 6:00pm–7:30pm	Developmental and Intermediate Team 6:00pm–7:30pm	Developmental and Intermediate Team 6:00pm–7:30pm	Developmental and Intermediate Team 6:00pm–7:30pm	No Practice
6:15pm					
6:30pm					
6:45pm					
7:00pm					
7:15pm					
7:30pm					
7:45pm	No Practice	No Practice	No Practice	No Practice	No Practice
8:00pm					
8:15pm					
8:30pm					
8:45pm					
9:00pm					

Saturday	No Practice (Check Team Calendar for Potential Swim Meets)
Sunday	No Practice (Check Team Calendar for Potential Swim Meets)

*Please see other side for details about days we will not have practice and dates of scheduled Time Trials, Swim Meets, and other Team Events!



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SWIM MEETS AND TEAM EVENTS/IMPORTANT DATES:

Friday May 9th – Sunday May 11th	USA SWIM MEET at Harvard (Registered USA Swimmers Only)
Saturday May 17th	AWAY MEET vs. BCYF Aquatics
Saturday May 31st	POTENTIAL SWIM MEET (Details TBD)
Friday June 6th – Sunday June 8th	USA SWIM MEET at MIT (Registered USA Swimmers Only)
Thursday July 17th	Mile Swim During Usual Group Practice Times
Thursday August 7th	Last Spring Season Practice

THERE WILL BE NO PRACTICE ON THE FOLLOWING DATES:

Monday May 26th	Memorial Day (Long Weekend)
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