

2024 GSCY Storm Long Course *Spring* Practice Schedule

April 15th- June 23rd 2024

**Please note this schedule is tentative and may change to accommodate final roster numbers or YMCA programming guidelines.*

Questions? Please contact your practice group lead coach.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1	5:15-7:15pm CH	OFF	4-6pm CH	7:30-9pm CH	4-6pm BY	6-8am JAC LC swimmers 10-12 BY SC swimmers	6-8am JAC LC swimmers 10-12 BY SC swimmers
Senior 2	4-6pm BY	OFF	6-7:30pm BY	4-6pm CH	4-6pm BY	6-8am JAC LC swimmers 10-12 BY SC swimmers	6-8am JAC LC swimmers 10-12 BY SC swimmers
Senior 3	7-9pm SY	6-8pm CH	7:30-9pm BY	6-8pm BY	OFF	6-8am JAC LC swimmers 10-12 BY SC swimmers	6-8am JAC LC swimmers 10-12 BY SC swimmers
Senior 4	4-6pm BY	4-6pm BY	6-7:30pm BY	4-6pm BY	OFF	6-8am JAC LC swimmers 10-12 BY SC swimmers	6-8am JAC LC swimmers 10-12 BY SC swimmers
Junior 1	7:30-9pm BY	4-6pm CH	4-6pm BY	OFF	5:15-7:15pm CH	6-8am JAC LC swimmers 8-10 BY SC swimmers	6-8am JAC LC swimmers 8-10 BY SC swimmers
Junior 2	7:15-9:15pm CH	6:15-8:15pm HY	7:30-9pm BY	6-8pm BY	OFF	6-8am JAC LC swimmers 8-10 BY SC swimmers	6-8am JAC LC swimmers 8-10 BY SC swimmers
Junior 3	7:30-9pm BY	4-6pm BY	4-6pm BY	4-6pm BY	OFF	6-8am JAC LC swimmers 8-10 BY SC swimmers	6-8am JAC LC swimmers 8-10 BY SC swimmers
Lightning A South	6-7:30pm BY	7:15-8:45pm BY	7:00-8:30pm HY	OFF	6-7:30p BY	OFF	4-5:45pm BY
Lightning B South	6-7:30pm BY	7:15-8:45pm BY	5:30-7:00pm HY	OFF	6-7:30p BY	OFF	4-5:45pm BY
Lightning North	OFF	OFF	7:15-8:45pm CH	6-7:30pm CH	7:15-8:45pm CH	12:30-2p CH	4-5:45pm BY
Thunder A South	OFF	6-7:15p BY	7-8:15pm SY	OFF	7:30-8:45pm BY	OFF	2:30-4pm BY
Thunder B South	OFF	6-7:15p BY	OFF	7-8:15pm SY	7:30-8:45pm BY	OFF	2:30-4pm BY
Thunder North	4-5:15pm CH	OFF	6-7:15pm CH	OFF	4-5:15pm CH	OFF	2:30-4pm BY
Waves S	5:45-7pm SY	OFF	5:45-7pm SY	OFF	OFF	10-11:15am SY	OFF
Waves N	OFF	4-5:15pm ENG	4-5:15pm ENG	OFF	5:30-6:45pm ENG	OFF	OFF

Junior & Senior Long Course Weekends Practice Schedule at Jersey Aquatics

April 20, 21, 27, 28 6am-8am
 May 4, 5, 11, 12, 25, 26 6am-8am
 June 1, 2, 8, 9, 15, 16 6am-8am