

2023-2024 Storm Swim Team Short Course Practice Schedule

Beginning September 18th and ending following a swimmer's final championship meet
(Tentative)

Group	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	7-9am BY	11-1pm BY
Senior 2	4-6pm BY	OFF	6-7:30pm BY	4-6pm CH	4-6pm BY	7-9am BY	9-11am CH
Senior 3	7-9pm SY	6-8pm CH	7:30-9pm BY	6-8pm BY	OFF	11-1pm BY	11-1pm BY
Senior 4	4-6pm BY	4-6pm BY	6-7:30pm BY	4-6pm BY	OFF	8:30-10:30am CH	7-9am BY
Junior 1	7:30-9pm BY	4-6pm CH	4-6pm BY	OFF	5:15-7:15pm CH	9-11am BY	7-9am BY
Junior 2	7:15-9:15pm CH	6-8pm HY	7:30-9pm BY	6-8pm BY	OFF	3-5pm BY	9-11am BY
Junior 3	7:30-9pm BY	4-6pm BY	4-6pm BY	4-6pm BY	OFF	10:30-12:30pm CH	9-11am BY
Lightning 1 S	6-7:30pm BY	7:15-8:45pm BY	7:00-8:30pm HY	OFF	6-7:30pm BY	OFF	4-7:30pm BY
Lightning 2 S	6-7:30pm BY	7:15-8:45pm BY	5:30-7:00pm HY	OFF	6-7:30pm BY	OFF	4-7:30pm BY
Lightning 3 S	6-7:30pm BY	7-8:30pm SY	OFF	7-8:30pm SY	6-7:30pm BY	OFF	4-7:30pm BY
Lightning 1 N	OFF	OFF	7:15-8:45pm CH	6-7:30pm CH	7:15-8:45pm CH	12:30-2pm CH	4-7:30pm BY
Lightning 2 N	OFF	OFF	7:15-8:45pm CH	6-7:30pm CH	7:15-8:45pm CH	12:30-2pm CH	4-7:30pm BY
Lightning 3 N	OFF	OFF	7:15-8:45pm CH	6-7:30pm CH	7:15-8:45pm CH	12:30-2pm CH	4-7:30pm BY
Thunder 1 S	OFF	6-7:15pm BY	7-8:15pm SY	OFF	7:30-8:45pm BY	OFF	2:30-4pm BY
Thunder 2 S	6:45-8pm HY	6-7:15pm BY	OFF	OFF	7:30-8:45pm BY	OFF	2:30-4pm BY
Thunder 3 S	5:30-6:45pm HY	6-7:15pm BY	OFF	OFF	7:30-8:45pm BY	OFF	2:30-4pm BY
Thunder 1 N	4-5:15pm CH	OFF	6-7:15pm CH	OFF	4-5:15pm CH	OFF	2:30-4pm BY
Thunder 2 N	4-5:15pm CH	OFF	6-7:15pm CH	OFF	4-5:15pm CH	OFF	2:30-4pm BY
Thunder 3 N	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		5:45-7pm SY			10-11:15am SY	
Waves N		4-5:15pm ENG	4-5:15pm ENG		5:30-6:45pm ENG		
Pre-Team 1		6:15-7pm SY		5-6:15pm SY		OFF	OFF
Pre-Team 2		5-6:15pm SY		6:15-7pm SY		OFF	OFF

*Lightning Groups will alternate Girls/ Boys from 4-5:45pm and 5:45-7:30 each month

September Girls 4-5:45pm/ Boys 5:45-7:30

October Boys 4-5:45/ Girls 5:45-7:30

November Girls 4-5:45pm/ Boys 5:45-7:30

December Boys 4-5:45/ Girls 5:45-7:30

January Girls 4-5:45pm/ Boys 5:45-7:30

February Boys 4-5:45/ Girls 5:45-7:30

BY Bridgewater YMCA 601 Garretson Road, Bridgewater NJ 08807

SY Somerville YMCA 2 Green Street, Somerville NJ 08876

HY Hillsborough YMCA 19 East Mountain Road, Hillsborough NJ 08844

CH Somerset Hills YMCA 140 Mount Airy Road, Basking Ridge NJ 07920 (Chandor Pool)

EN Somerset Hills YMCA 140 Mount Airy Road, Basking Ridge NJ 07920 (Engelhard Pool)