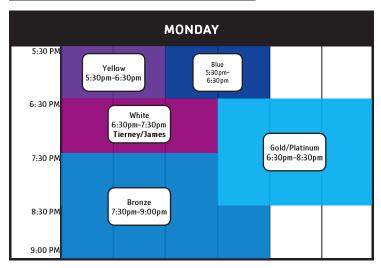
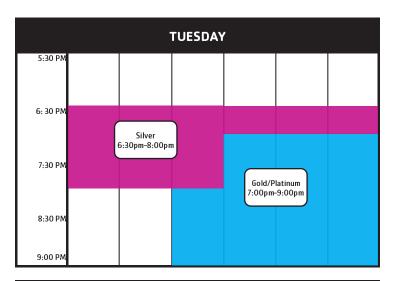
DRYLAND		
Day	Time	Practice Group
Monday	5:30pm-6:30pm	Gold/Platinum
Monday	6:30pm-7:30pm	Bronze
Thursday	5:30pm-6:15pm	Silver
Thursday	6:15pm-7:00pm	Gold/Platinum

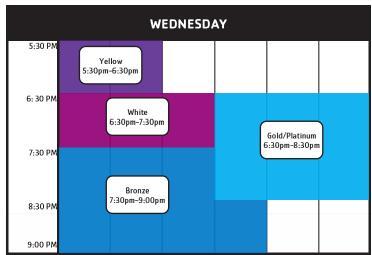


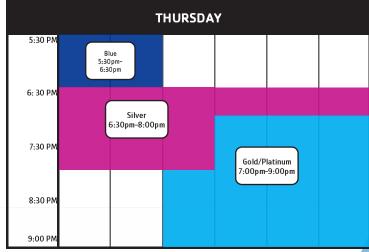
## DOLPHINS

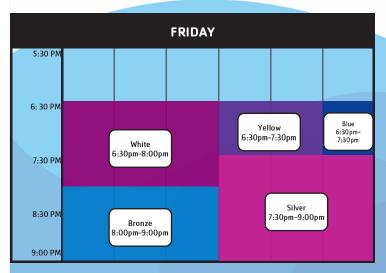
## 2025-2026 Practice Schedule

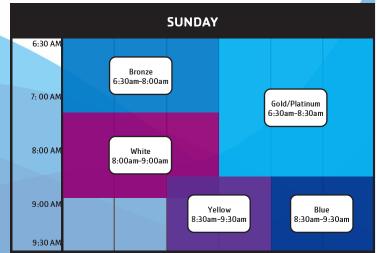












PM Practice - Silver 5:00pm-7:00pm

THE GREATER MORRISTOWN YMCA
79 Horsehill Road, Cedar Knolls, NJ 07927
P 973.267.0704 www.greatermorristownymca.org