

Y-SPARTAQUATICS SWIM CLUB

2025-2026 SHORT COURSE SCHEDULE (begins 9/2)

NATIONAL GROUP

** 4:15pm activation Mon/Thurs*

Period	*Monday	Tuesday	Wednesday	*Thursday	Friday	Saturday
AM		5:00-6:45 AM	5:00-6:45 AM		5:00-6:45 AM	7:00-9:20 AM
PM	4:30-6:45 PM	5:15-7:00 PM	5:15-7:00 PM	4:30-6:45 PM		
Dryland	At Home - SSDL	4:25-5:10 PM	4:25-5:10 PM	At Home - SSDL		6:05-6:50 AM

SENIOR 1

** 4:15pm activation Mon-Thurs*

Period	*Monday	*Tuesday	*Wednesday	*Thursday	Friday	Saturday
AM			5:00-6:45 PM		5:00-6:45 PM	7:00-9:00 AM
PM	4:30-6:30 PM	4:30-6:25 PM	4:30-6:15 PM	4:30-6:25 PM		
Dryland		6:30-7:15 PM		6:30-7:15 PM		6:20-6:55 AM

SENIOR 2

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	4:30-6:15 PM	4:45-6:30 PM	4:45-6:30 PM	4:30-6:15 PM	5:00-6:45 AM	7:00-8:45 AM
Dryland	6:15-6:45 PM			6:15-6:45 PM		

JUNIOR SECTIONAL

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	6:30-8:15 PM	6:30-8:15 PM	6:15-8:00 PM	6:30-8:15 PM	5:00-6:45 AM	9:35-11:20 AM
Dryland	6:15 Activ	5:50-6:30 PM	6:00 Activ	5:50-6:30 PM		9:00-9:30 AM

JUNIOR 1

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	6:45-8:15 PM	6:30-8:00 PM	6:30-8:00 PM	6:45-8:15 PM	5:15-7:00 PM	9:35-11:20 AM
Dryland	6:15-6:45 PM			6:15-6:45 PM		

JUNIOR 2

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	6:45-8:15 PM	7:00-8:30 PM	7:00-8:30 PM	6:45-8:15 PM	5:15-7:00 PM	8:45-10:30 AM
Dryland	6:15-6:45 PM			6:15-6:45 PM		

YELLOW

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	4:30-6:00 PM	4:30-6:00 PM	4:30-6:00 PM	4:30-6:00 PM	4:30-6:00 PM	10:45-12:00 PM
Dryland	6:00-6:30 PM		6:00-6:30 PM			

PURPLE						
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	6:00-7:30	6:00-7:15	6:00-7:30	6:00-7:15	6:00-7:15	9:30-10:45 AM
Dryland	5:30-6:00		5:30-6:00			
ORANGE						
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	6:30-7:45 PM	7:15-8:15 PM	6:30-7:45 PM	7:15-8:15 PM	6:00-7:15 PM	10:30-11:45 AM
Dryland	6:00-6:30 PM		6:00-6:30 PM			
BLUE						
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	5:15-6:30 PM	6:00-7:15 PM	5:15-6:30 PM	6:00-7:15 PM	4:15-5:15 PM	9:00-10:00 AM
Dryland		5:25-5:50 PM		5:25-5:50 PM		
RED						
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	4:15-5:15 PM	5:00-6:00 PM	4:15-5:15 PM	5:00-6:00 PM	4:15-5:15 PM	10:00-11:00AM
Dryland		4:35-5:00 PM		4:35-5:00 PM		
GREEN						
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	3:15-4:15 PM	4:15-5:00 PM	3:15-4:15 PM	4:15-5:00 PM	4:15-5:15 PM	11:00 AM-12:00 PM
Dryland		5:00-5:20 PM		5:00-5:20 PM		
*YSL 3						
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice		5:00-5:45 PM	5:00-5:45 PM	5:00-5:45 PM		
*YSL 2						
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	5:00-5:40 PM	4:15-4:55 PM		4:15-4:55 PM		
*YSL 1						
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice	4:15-4:55 PM		4:15-4:55 PM			

**YSL will begin week of Sept. 8*

**Special Note: week 1 will be a Ramp Up week for all competitive groups. More details to follow!*