



Y-SPARTAQUATICS SWIM TEAM

2025-2026 SC PRACTICE SCHEDULE

Thomas E. Hannah YMCA



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YSL A	3:30-4:10pm		3:30-4:10pm			
YSL B	4:10-4:50pm		4:10-4:50pm	4:10-4:50pm		
TEAL	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	<i>Option to attend practice at MTY Fri/Sat if being held - Check with coach for which group to attend</i>	
VIOLET	5:15-6:30pm	5:15-6:30pm	5:15-6:30pm	5:15-6:30pm		
AMBER	TBD 2026	TBD 2026	TBD 2026	TBD 2026		

***YSL will begin week of Sept. 8**

***Color Groups (13 & Under)**