



GLYB Swim Team

2025-2026 Practice Schedule



| Practice Groups | Swim Practice Times | Other |
|---|--|--|
| Yellow 1 Beginners aged 5-10 who can complete 25 yards front crawl and backstroke | Mondays 5:00-5:45 pm Wednesdays 5:00-5:45 pm Fridays 5:30-6:15 pm | NA |
| Yellow 2 Intermediates ages 9-10 who can complete 100 yards freestyle and backstroke, and 50 yards breaststroke and butterfly | Mondays 5:00-6:00 pm Tuesdays 5:30-6:30 pm Wednesdays 5:00-6:00 pm Thursdays 5:30-6:30 pm | NA |
| Blue 1 Beginners ages 11-15 who can complete 25 yards front crawl and backstroke <i>Ends November 30th</i> | Mondays 5:45-7:00 pm Tuesdays 5:30-6:30 pm Wednesdays 5:45-7:00 pm Thursdays 5:30-6:30 pm | NA |
| Blue 2 Intermediates ages 9-15 who can complete 200 yards freestyle and backstroke, 100 yards breaststroke and butterfly, and a 2,000 yard practice | Mondays 5:45-7:00 pm Tuesdays 5:30-6:30 pm Wednesdays 5:45-7:00 pm Thursdays 5:30-6:30 pm Fridays 5:30-6:45 pm | Dryland (on pool deck) Tuesdays 6:30-7:00 pm Thursdays 6:30-7:00 pm |
| Green Advanced swimmers ages 11-15 who can complete a practice of 3,000 yards | Mondays 7:00-8:30 pm Wednesdays 7:00-8:30 pm Fridays 6:45-8:15 pm Sundays 2:00-3:30 pm | Strength Training (in childcare) TBD |
| Green+ Competitive swimmers ages 11-15 who can complete a practice of 3,000 yards. These swimmers are expected to attend practice 4-5 days a week, plus 2 meets a month | Mondays 7:00-8:30 pm Tuesdays 7:00-8:30 pm Wednesdays 7:00-8:00 pm Thursdays 7:00-8:30 pm Fridays 6:45-8:15 pm Sundays 2:00-3:30 pm | Strength Training (in childcare) TBD |
| Red Advanced swimmers ages 13-18 who can complete a practice of 4,000 yards | Mondays 6:30-8:30 pm Wednesdays 6:30-8:30 pm Fridays 6:15-8:15 pm Sundays 1:30-3:30 pm | Weight Room TBD |
| Red+ Competitive swimmers ages 13-18 who can complete a practice of 4,000 yards. These swimmers are expected to attend practice 5-6 days a week, plus 2 meets a month | Mondays 6:30-8:30 pm Tuesdays 6:30-8:30 pm Wednesdays 6:30-8:30 pm Thursdays 6:30-8:30 pm Fridays 6:15-8:15 pm Sundays 1:30-3:30 pm | Weight Room TBD |