

2025 Tentative Fall Training Practice Schedule for Freehold Site Swimmers

Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8U Green	4:30-5:30 pm FH	Off	OFF	4:30 – 5:30 pm FH	OFF	Site/Time TBD weekly basis (Alt. sites)	OFF
8U Blue	4:30 – 5:30 pm FH	Off	OFF	4:30 – 5:30 pm FH	OFF	Site/Time TBD weekly basis (Alt. sites)	OFF
9/10 White	5:15 – 6:30 pm FH	4:30 – 5:45 pm FH	OFF	5:15 – 6:30 pm FH	OFF	Site/Time TBD weekly basis (Alt. sites)	OFF
9/10 Red	5:15 – 6:30 PM FH	4:30 – 5:45 pm FH	OFF	5:15 – 6:30 pm FH	5:15 – 6:30 pm OB (travel day)	Site/Time TBD weekly basis (Alt. sites)	OFF
11/12 Junior 3	6:15 - 7:45 pm FH	5:30 – 7:00 pm FH	OFF	6:15 – 8:00 pm FH	6:15 – 7:30 pm OB (travel day)	OFF	OFF
11/12 Junior 1 and Jr 2	6:15 - 8:00 pm FH	5:30 – 7:00 pm FH	6:45 – 8:30 pm OB (FH travel day)	6:15 – 8:00 pm FH	OFF	Zehnder AM Practice, time TBD	OFF

Senior Travel

13/14 Senior 2B	4:45 – 6:30 pm OB	OFF	4:30 – 6:15 pm FH	4:45 – 6:30 pm OB	4:30 – 6:15 pm FH	TBD Saturday morning at CZ	OFF
13/14 Senior 2	6:15 – 8:15 pm OB	6:45 – 8:45 pm OB	6:00 – 8:00 pm FH	6:15 – 8:00 pm OB	6:00 – 8:00 pm FH	TBD Saturday morning at CZ	OFF
15/O Senior 1B	6:15 – 8:15 pm OB	6:45 – 8:45 pm OB	6:00 – 8:00 pm FH	6:15 – 8:00 pm OB	6:00 – 8:00 pm FH	TBD Saturday morning at CZ	OFF
15/O Senior 1S	6:15 – 8:15 pm OB	6:45 – 8:45 pm OB	6:00 – 8:00 pm FH	6:15 – 8:00 pm OB	6:00 – 8:00 pm FH	TBD Saturday morning at CZ	OFF

Purple type – Practices will take place at Freehold; Blue type – Practices will take place at Old Bridge, Black type – practices take place at Camp Zehnder, Red type – practices at Red Bank
Saturday 10U practices will rotate between Red Bank, Freehold and Camp Zehnder

ALL PRACTICES SUBJECT TO CHANGE

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