

2025 Tentative Fall Training Practice Schedule for Old Bridge Site Swimmers

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