

**YMCA of the Jersey Shore Swim Team**  
**Red Bank Site Swimmers TENTATIVE 2025 Fall/Winter Training Schedule**

**Red Bank Site**

Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>8U Green</b>	<b>4:00 – 5:00 pm RB</b>	Off	Off	Off	<b>3:45 – 4:45 pm RB</b>	Site/Time TBD on weekly basis	Off
<b>8U Blue</b>	<b>4:00 – 5:00 pm RB</b>	Off	Off	Off	<b>3:45 – 4:45 pm RB</b>	Site/Time TBD on weekly basis	Off
<b>9/10 White</b>	<b>4:45 – 6:00 pm RB</b>	Off	<b>3:45 – 5:00 pm RB</b>	<b>3:45 – 5:00 pm RB</b>	Off	Site/Time TBD on weekly basis	Off
<b>9/10 Red</b>	<b>5:45 – 7:00 pm RB</b>	Off	<b>4:45 – 6:00 pm RB</b>	<b>3:45 – 5:00 pm RB</b>	<b>4:30 – 5:45 pm RB</b>	Site/Time TBD on weekly basis	Off
<b>11/12 Junior 3</b>	<b>5:45- 7:00 pm RB</b>	<b>5:30 – 7:00 pm CZ (travel day)</b>	OFF	OFF	<b>4:30 – 5:45 pm RB</b>	Zehnder AM TBD	OFF
<b>11/12 Junior 2</b>	<b>5:45- 7:00 pm RB</b>	<b>3:45 – 5:15 pm RB</b>	Off	<b>5:45 – 7:30 pm CZ (travel day)</b>	<b>4:30 – 5:45 pm RB</b>	Zehnder AM TBD	OFF
<b>11/12 Junior 1</b>	<b>6:45 – 8:15 pm RB</b>	<b>3:45 – 5:15 pm RB</b>	Off	<b>5:45 – 7:30 pm CZ (travel day)</b>	<b>5:30 – 7:15 pm RB</b>	Zehnder AM TBD	Off

**Senior Travel Schedule**

Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>13/14 Senior 2B</b>	<b>5:30 – 7:15 pm CZ</b>	<b>4:00 – 5:45 pm CZ</b>	<b>5:45 – 7:30 pm RB</b>	<b>5:45 – 7:30 pm CZ</b>	OFF	TBD	Off
<b>13/14 Senior 2</b>	<b>6:45 to 8:30 pm RB</b>	<b>4:00 – 5:45 pm CZ</b>	<b>5:45 – 7:30 pm RB</b>	<b>4:00 – 6:00 pm CZ</b>	<b>5:30 – 7:15 pm RB</b>	TBD Sat AM @ CZ	Off
<b>15/O Senior 1B</b>	<b>5:30 – 7:15 pm CZ</b>	<b>4:00 – 5:45 pm CZ</b>	<b>5:45 – 7:30 pm RB</b>	<b>4:00 – 6:00 pm CZ</b>	<b>5:30 – 7:15 pm RB</b>	TBD	Off
<b>15/O Senior 1A</b>	<b>3:45 – 5:45 pm CZ</b>	<b>5:00 – 6:45 pm RB</b>	<b>3:45 – 5:45 pm CZ</b>	<b>4:00 – 6:00 pm CZ</b>	<b>5:30 – 7:15 pm RB</b>	TBD Sat AM @ CZ	Off
<b>15/O Senior 1</b>	<b>3:45 – 5:45 pm CZ</b>	<b>5:00 – 6:45 pm RB</b>	<b>3:45 – 5:45 pm CZ</b>	<b>4:00 – 6:00 pm CZ</b>	<b>7:00 – 9:00 PM RB</b>	TBD Sat AM @ CZ	Off
<b>15/O Senior</b>	<b>3:45 – 5:45 pm CZ</b>	<b>6:30 – 8:30 pm RB</b>	<b>3:45 – 5:45 pm CZ</b>	<b>4:45 – 6:45 pm / 6:30 -8:30 pm (alternate girls/boys)</b>	<b>7:00 – 9:00 PM RB</b>	TBD Sat AM @ CZ	Off

**Red - Practices will take place at Red Bank, Black - Practices will take place at Camp Zehnder**  
Please Note: 10U Saturday practices will rotate between **Red Bank**, **Freehold** and Camp Zehnder  
Saturday Senior Practices will take place at Camp Zehnder in Wall in the morning

Dryland schedule to be emailed separately.

**ALL PRACTICES SUBJECT TO CHANGE WITHOUT NOTICE**

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