

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
8U Green	4:00 – 5:00 pm RB	Off	Off	Off	3:45 – 4:45 pm RB	Site/Time TBD on weekly basis	Off
8U Blue	4:00 – 5:00 pm RB	Off	Off	Off	3:45 – 4:45 pm RB	Site/Time TBD on weekly basis	Off
9/10 White	4:45 – 6:00 pm RB	Off	3:45 – 5:00 pm RB	3:45 – 5:00 pm RB	Off	Site/Time TBD on weekly basis	Off
9/10 Red	5:45 – 7:00 pm RB	Off	4:45 – 6:00 pm RB	3:45 – 5:00 pm RB	4:30 – 5:45 pm RB	Site/Time TBD on weekly basis	Off
11/12 Junior 3	5:45-7:00 pm RB	5:30 – 7:00 pm CZ (travel day)	OFF	OFF	4:30 – 5:45 pm RB	Zehnder AM TBD	OFF
11/12 Junior 2	5:45-7:00 pm RB	3:45 – 5:15 pm RB	Off	5:45 – 7:30 pm CZ (travel day)	4:30 – 5:45 pm RB	Zehnder AM TBD	OFF
11/12 Junior 1	6:45 – 8:15 pm RB	3:45 – 5:15 pm RB	Off	5:45 – 7:30 pm CZ (travel day)	5:30 – 7:15 pm RB	Zehnder AM TBD	Off

Senior Travel Schedule

Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun
13/14 Senior 2B	5:30 – 7:15 pm CZ	4:00 – 5:45 pm CZ	5:45 – 7:30 pm RB	5:45 – 7:30 pm CZ	OFF	TBD	Off
13/14 Senior 2	6:45 to 8:30 pm RB	4:00 – 5:45 pm CZ	5:45 – 7:30 pm RB	4:00 – 6:00 pm CZ	5:30 – 7:15 pm RB	TBD Sat AM @ CZ	Off
15/0 Senior 1B	5:30 – 7:15 pm CZ	4:00 – 5:45 pm CZ	5:45 – 7:30 pm RB	4:00 – 6:00 pm CZ	5:30 – 7:15 pm RB	TBD	Off
15/0 Senior 1A	3:45 – 5:45 pm CZ	5:00 – 6:45 pm RB	3:45 – 5:45 pm CZ	4:00 – 6:00 pm CZ	5:30 – 7:15 pm RB	TBD Sat AM @ CZ	Off
15/0 Senior 1	3:45 – 5:45 pm CZ	5:00 – 6:45 pm RB	3:45 – 5:45 pm CZ	4:00 – 6:00 pm CZ	7:00 – 9:00 PM RB	TBD Sat AM @ CZ	Off
15/0 Senior	3:45 – 5:45 pm CZ	6:30 – 8:30 pm RB	3:45 – 5:45 pm CZ	4:45 – 6:45 pm / 6:30 – 8:30 pm (alternate girls/boys)	7:00 – 9:00 PM RB	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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