

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	4:00 – 5:15 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	4:00 – 5:15 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	7:15– 9:00 pm RB	5:45 – 7:30 pm CZ	OFF	RB - TBD	Off
13/14 Senior 2	6:45 to 8:30 pm RB	4:00 – 5:45 pm CZ	5:45 – 7:30 RB	4:00 – 6:00 pm CZ	5:30 – 7:15 pm RB	TBD Sat AM @ CZ	Off
15/O Senior 1B	5:30 – 7:15 pm CZ	4:00 – 5:45 pm CZ	7:15 – 9:00 pm RB	4:00 – 6:00 pm CZ	5:30 – 7:15 pm RB	RB - TBD	Off
15/O 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	
15/O 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/O Senior	3:45 – 5:45 pm CZ	6:30 – 8:30 pm RB	3:45 – 5:45 pm CZ	5 – 7 pm/ 6:45 -8:45 (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