

2025 TENTATIVE Fall/Winter Training Practice Schedule for Wall Site Swimmers

Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8U Green	5:45 – 6:45 pm CZ	Off	5:30 – 6:30 pm CZ	OFF	OFF	Sites/Time TBD on weekly basis	Off
8U Blue	5:45 – 6:45 pm CZ	OFF	5:30 – 6:30 pm CZ	OFF	OFF	Sites/Time TBD on weekly basis	Off
9/10 White	5:30– 6:45 pm CZ	5:30 – 6:45 pm CZ	OFF	5:45 – 7:00 pm CZ	OFF	Sites/Time TBD on weekly basis	Off
9/10 Red	5:30 – 6:45 pm CZ	5:30 – 6:45 pm CZ	5:30 – 6:45 pm CZ	5:45 – 7:00 pm CZ	OFF	Sites/Time TBD on weekly basis	Off
11/12 Junior 3	OFF	5:30 – 7:00 pm CZ	5:30 – 6:45 pm CZ	OFF	4:30 – 5:45 pm RB	TBD Sat AM at CZ	Off
11/12 Junior 2	OFF	5:30 – 7:00 pm CZ	5:30 – 7:00 CZ pm	5:45 – 7:30 pm CZ	4:30 – 5:45 pm RB	TBD Sat AM at CZ	Off
11/12 Junior 1	OFF	5:30 – 7:00 pm CZ	5:30 – 7:00 CZ pm	5:45 – 7:30 pm CZ	5:30 – 7:15 pm RB	TBD Sat AM at CZ	Off
13/14 Senior 2W	6:45 – 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 at CZ	Off
13/14 Senior 2BW	5:30 – 7:30 pm CZ	4:00 – 5:45 pm CZ	5:30 – 7:15 pm CZ	5:45 – 7:30 pm CZ	Off	TBD Sat AM at CZ	Off
15/O Senior 1BW	5:30 – 7:30 pm CZ	4:00 – 5:45 pm CZ	5:30 – 7:15 pm CZ	4:00 – 6:00 pm CZ	6:00 – 8:00 pm FH	TBD Sat AM at CZ	Off
15/O Sr 1W	3:45 – 5:45 pm CZ	6:30-8:30 pm RB	3:45 – 5:45 PM CZ	5-7/6:45 – 8:45 pm RB (alternating girls/boys)	7:00 – 9:00 pm RB	TBD Sat AM at CZ	Off

Black type – practices take place at Camp Zehnder; Red type – practices take place at Red Bank

Please note: Saturday Senior and Junior Practices will take place at Camp Zehnder in the morning

Saturday 10U practices will rotate between Red Bank, Wall and Freehold

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