

Fall 2025 regular schedules

Specific Schedules are posted to adjust for training cycles (for the older swimmers) as well as swim meets and holidays.

Break 1 leading into Christmas for all

Increased training for performance groups Dec 29-31 at home and Long course training out of town Jan 2,3 & 4

Limited training over March Break at which point schedules may change.

All groups will be adjusted to accomodate Queens pool maintenance in early May.

High Performance (14 and over)

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 2		6-7:30 am		6-7:30 am	6-7:30 am	8-9:30-am	
Ends: typically after a swimmers last meet	3:30-5 pm	3:15-4:15 dryland	3:30-5:30 pm	3:15-4:15 dryland			

Senior Performance (13 and over)

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 2		6-7:30 am		6-7:30 am	6-7:30 am	8-9:30 am	
Ends: typically after a swimmers last meet	3:30-5 pm		3:30-5 pm				

Performance 5 (12 and over)

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 4						8-9:30 am	
Ends: typically after a swimmers last meet	3:30-5 pm	3:30-5 pm	3:30-5 pm	3:30-5 pm			

Junior (12 and under) - YMCA

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 15, Saturdays after Thanksgiving						7:30-9am	
Ends: after our May meet or early June if qualified for Regional Champs	3:30-5 pm		3:30-5 pm		3:30-5 pm		

Senior (13 and over)

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 9						9:30-11am	
Ends: after our May meet or early June if qualified for Regional Champs	5-6:30 am	3:30-5 pm		3:30-5 pm			

Junior Development (12 and under)

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 15							
Ends: after our May meet or early June if qualified for Regional Champs	5-6:30pm	5-6:30pm		5-6:30pm			

Junior Masters (13 and over)

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 16							
Ends: late April		5:00-6pm		5:00-6pm			

MINI MARLINS + (MM+)

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 15 or 16							
Ends: late April - we are often able to run a	4:15-5:15 (M/W)	4:15-5:15 (T/T)	4:15-5:15 (M/W)	4:15-5:15 (T/T)			

MINI MARLINS (MM)

Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 15 or 16							
Ends: late April - we are often able to run a	5:15-6 (M/W)	5:15-6 (T/T)	5:15-6 (M/W)	5:15-6 (T/T)			

Performance Programs

Competitive Programs

Pre-Competitive Programs