

## 2026 GSCY Storm SPRING Practice Schedule

April 13th through June 28th

*Schedule is tentative and subject to change.*

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Senior 1</b>	4-6 BY	4-6 CH	OFF	7:30-9 BY	4-6 BY	6-8a JAC ***Distance Double	6-8a JAC
<b>Senior 2</b>	7:30-9 BY	OFF	4-6 BY 6:15-7 dryland**	4:15-6:15 CH	4-6 BY	6-8a JAC (LC) 9-11 BY (SC) ***Distance Double	6-8 JAC (LC) 7-9 BY (SC)
<b>Senior 3</b>	4-6 BY	4-6 BY 6:15-7 dryland**	6:30-8:30 CH	6:15-7:45 CH	OFF	6-8a JAC (LC) 9-11 BY (SC) ***Distance Double	6-8 JAC (LC) 7-9 BY (SC)
<b>Senior 4</b>	7:30-9 BY	7:15-8:45 CH	OFF	7:30-9 BY	OFF	6-8a JAC (LC) 9-11 BY (SC)	6-8 JAC (LC) 7-9 BY (SC)
<b>Junior 1</b>	7:30-9 CH	4-6 BY 6:15-7 dryland**	6-8 BY	OFF	4-6 CH	6-8a JAC (LC) 7-9a BY (SC)	6-8 JAC (LC) 9-11 BY (SC)
<b>Junior 2</b>	5:30-7:30 CH	7-8:30 HY	4-6 BY 6:15-7 dryland**	4-6 BY 6:15-7 dryland**	OFF	6-8a JAC (LC) 7-9a BY (SC)	6-8 JAC (LC) 9-11 BY (SC)
<b>Junior 3</b>	4-5:30 CH	7-8:30 HY	6-7:30 BY	4-6 BY 6:15-7 dryland	OFF	6-8a JAC (LC) 7-9a BY (SC)	6-8 JAC (LC) 9-11 BY (SC)
<b>Lightning 1</b>	6-7:30 BY	7:15-8:45 BY	OFF	6-7:30 BY dryland 5:30-6pm	6-7:30 CH	7:30-9:15a CH	OFF
<b>Lightning 2</b>	6-7:30 BY	7:15-8:45 BY	5-6:30 CH dryland 4:30-5pm	6-7:30 BY	OFF	8:30am dryland 9:15-11a CH	OFF
<b>Lightning 3</b>	6-7:30 BY	6-7:15 CH	OFF	6-7:30 BY	OFF	11-12:15a CH	OFF
<b>Thunder 1</b>	4:45-6 SY	6-7:15 BY	OFF	OFF	7:30-8:45 CH	7:30-9a CH	OFF
<b>Thunder 2</b>	6-7:15 ENG	6-7:15 BY	OFF	OFF	6-7:15p BY	9:15-10:45a CH	OFF
<b>Thunder 3</b>	OFF	6-7:15 BY	OFF	OFF	6-7:15p BY	11a-12p CH	OFF
<b>Waves *</b>	6-7 SY	OFF	6-7 ENG	5:45-6:45 SY	OFF	7:30-8:45 SY	OFF

\*Waves swimmers are to attend only 2 weekday practices and Saturday practice weekly, for a total of 3 practices.

\*\* Begins April 27th

\*\*\*Distance double is by invitation only

### Distance Double Schedule

Sat 4/25	4-5:30pm CH	Sat 5/9	4-5:30pm CH	Sun 6/7	4-5:30pm CH
		Sun 5/17	3-4:30pm BY	Sun 6/14	4-5:30pm CH
		Sun 5/24	4:45-6:15pm CI	Sat 6/20	4-5:30pm CH

CH	Chandor Pool at Somerset Hills YMCA	140 Mount Airy Road, Basking Ridge, NJ 07920
ENG	Englehard Pool at Somerset Hills YMCA	140 Mount Airy Road, Basking Ridge, NJ 07920
BY	Bridgewater YMCA	601 Garretson Road, Bridgewater, NJ 08807
SY	Somerville YMCA	2 Green Street, Somerville, NJ 08876
HY	Hillsborough YMCA	19 East Mountain Road, Hillsborough, NJ 08844
JAC	Jersey Aquatic Center	629 Central Avenue, New Providence, NJ 07974

### JAC LC Dates

April 25 & 26	May 2 & 3 ends 7:30a	June 6 & 7 ends 7:30a
	May 9 & 10	June 14
	May 16 & 17	June 20 & 21 ends 7:30a
	May 23 & 24 ends 7:30a	

### Practice Canceled

May 25