

## 2026 GSCY Storm Long Course *Summer Practice Schedule*

June 29th through July 24th 2026

*\*Please note this schedule is tentative and may change to accomodate final roster numbers and/or YMCA programming guidelines.*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Senior 1</b>	5:45-7:45a MDX	5:30-7:15a PVP	5:45-7:45a MDX	6-8a RVCL	5:30-7:30a CH	OFF	OFF
<b>Senior 2</b>	6-8a RVCL	5:45-7:45a MDX	5:45-7:45a MDX	5:30-7:15a PVP	6-8a RVCL	OFF	OFF
<b>Senior 3/4</b>	5:30-7:15a PVP	6-8a RVCL	6-8a RVCL	5:45-7:45a MDX	5:30-7:15a PVP	OFF	OFF
<b>Junior 1</b>	8-10a RVCL	5:45-7:45a MDX	8-10a RVCL	7:15-8:45a PVP	5:45-7:45a MDX	OFF	OFF
<b>Junior 2/3</b>	7:15-8:45a PVP	8-10a RVCL	5:30-7:15a PVP	7:45-9:45a MDX	8-10a RVCL	OFF	OFF
<b>Lightning A</b>	7:45-9:15a MDX	7:15-8:45a PVP	7:45-9:15a MDX	6:15-7:45a BY	7:30-9a CH	OFF	OFF
<b>Lightning B</b>	5:45-7:15a CH	7:45-9:15a MDX	7:15-8:45a PVP	6:15-7:45a BY	7:45-9:45a MDX	OFF	OFF
<b>Thunder A</b>	7:45-9:15a MDX	7:15-8:30a PVP	7:45-9:15a MDX	7:45-9a BY	OFF	OFF	OFF
<b>Thunder B</b>	7:15-8:30a CH	7:45-9a MDX	7:15-8:30a PVP	7:45-9a BY	OFF	OFF	OFF
<b>Senior Double (optional)</b>	4:30-6p BY			6-7:30p BY		OFF	OFF
<b>Junior Double (optional)</b>	6-7:30p BY			4:30-6p BY		OFF	OFF

CH Chandor Pool at Somerset Hills YMCA  
 ENG Englehard Pool at Somerset Hills YMCA  
 PVP Pleasant Valley Pool  
 MDX Middlesex Community Pool  
 RVCL Raritan Valley Country Club

140 Mount Airy Road, Basking Ridge, NJ 07920  
 140 Mount Airy Road, Basking Ridge, NJ 07920  
 340 Valley Road, Basking Ridge, NJ 07920  
 Milton Place, Middlesex, NJ 08846  
 747 NJ-28 Bridgewater, NJ 088078