

2026 STINGRAYS PRACTICE SCHEDULE

Preseason for All Swimmers

Preseason will begin May 18th and end May 29th, held in the evenings while school is wrapping up. To ensure all swimmers have enough pool space to properly train and develop their skills, we will need to separate swim practices by age groups. If you have any questions, please contact Heather.

Date:	Location	Time	Days	Swimmers
May 18	Green Mtn Rec Center	4:15-5:30 PM	Monday	New Swimmers ONLY (w/ No Swim Team Experience)
		5:15-6:30 PM		Veteran Stingray Swimmers
May 19	Green Mtn Rec Center	4:15-5:30 PM	Tuesday	New Swimmers (w/ No Swim Team Experience)
		5:15-6:30 PM		10 & Under Veteran Stingrays
		6:15-7:30 PM		11 & Older Veteran Stingrays
May 20	Green Mtn Rec Center	4:45-6:00 PM	Wednesday	10 & Under Swimmers
		5:45-7:00 PM		11 & Older Swimmers
May 21	Green Mtn Rec Center	4:15-5:30 PM	Thursday	New Swimmers (w/ No Swim Team Experience)
		5:15-6:30 PM		10 & Under Veteran Stingrays
		6:15-7:30 PM		11 & Older Veteran Stingrays
May 22	Green Mtn Rec Center	4:15-6:00 PM	Friday	All Swimmers

Date:	Location	Time	Days	Swimmers
May 25	NO SWIMMING			NO SWIMMING - MEMORIAL DAY
May 26	Green Mtn Rec Center	4:15-5:30 PM	Tuesday	New Swimmers (w/ No Swim Team Experience)
		5:15-6:30 PM		10 & Under Veteran Stingrays
		6:15-7:30 PM		11 & Older Veteran Stingrays
May 27	Green Mtn Rec Center	4:45-6:00 PM	Wednesday	10 & Under Swimmers
		5:45-7:00 PM		11 & Older Swimmers
May 28	Green Mtn Rec Center	4:15-5:30 PM	Thursday	New Swimmers (w/ No Swim Team Experience)
		5:15-6:30 PM		10 & Under Veteran Stingrays
		6:15-7:30 PM		11 & Older Veteran Stingrays
May 29	Green Mtn Rec Center	4:15-6:00 PM	Friday	All Swimmers

Regular Season Practice for All Swimmers

Regular Season Stingray Practice will start on Monday June 1st in the mornings. The 1st practice is geared for swimmers 11 and older. The second practice is geared toward our younger swimmers 11 & under. **However, if you do need to do swim at a time which is not your age group please talk with Heather.**

Date:	Location	Time	Days	Swimmers
Morning Practices				
June 1st - June 26th	6th Ave West Pool	6:15-8:00 AM	Mon-Fri	11& Older
		7:45-9:00 AM	Mon-Fri	11 & Younger
		8:45-9:55 AM	Mon-Fri	New Swimmers & Non-Racers (Limited Lanes Available)
June 29th-June 30th	6th Ave West Pool	6:45-8:30 AM	Mon & Tues	11& Older
		8:15-9:30 AM	Mon & Tues	11 & Younger
		9:15-10:15 AM	Mon & Tues	New Swimmers & Non-Racers (Limited Lanes Available)
July 1	KID COACH DAY			See Summer Schedule
July 2 & 3	NO PRACTICE		Thurs & Friday	All Ages
July 6th - July 24th	6th Ave West Pool	6:15-8:00 AM	Mon-Fri	11& Older
		7:45-9:00 AM	Mon-Fri	11 & Younger
		8:45-9:55 AM	Mon-Fri	New Swimmers & Non-Racers (Limited Lanes Available)
Stroke Clinics				
June 2 - July 14th	6th Ave West Pool	5:15-6:30 PM	Tuesdays	10 & Under Swimmers
		6:15-7:30 PM	Tuesdays	11& Older Swimmers
Wednesday Nights				
June 3rd - June 24	6th Ave West Pool	5:15-7:00 PM	Wednesdays	All Racing Stingray Swimmers