

Stingrays 2026 Summer Schedule

Date	Day	Time	Event
May 18	Monday	4:15-5:30 PM	New Swimmers ONLY (w/ No Swim Team Experience)
		5:15-6:30 PM	Veteran Stingray Swimmers
May 19 - 29			See Stingray Practice Schedule (All Practices @ GM Rec)
May 30	Saturday	6:30 AM warm-up 7:00 AM start	Swim Meet: Stingrays @ Green Mountain Swim Club
June 1	Monday	6:15-10:00 AM	Regular Practice Begins @ 6 th Ave West Outdoor Pool
June 2	Tuesday	5:15-7:30 PM	STROKE CLINIC – Freestyle
June 3	Wednesday	5:15-7:00 PM	Racing Swimmers Night Practice
June 4	Thursday	TBD	Stingrays Meet & Greet Night
June 6	Saturday	6:00 AM warm-up 7:00 AM start	Swim Meet: Stingrays host Applewood Athletic Club
June 7	Sunday	7:15-10:30 AM	Stingrays Inter squad swim meet
June 9	Tuesday	AM & PM	Stingrays Tie-Dye Day 7-9:30 AM & 5-7 PM
June 9	Tuesday	5:15-7:30 PM	STROKE CLINIC – Backstroke
June 10	Wednesday	5:15-7:00 PM	Racing Swimmers Night Practice
June 12	Friday	Morning Practice	Team Pictures
June 13	Saturday	6:30 AM warm-up 7:00 AM start	Swim Meet: Stingrays @ Genesee
June 16	Tuesday	5:15-7:30 PM	STROKE CLINIC – Butterfly
June 17	Wednesday	5:15-7:00 PM	Racing Swimmers Night Practice
June 20	Saturday	6:30 AM warm-up 7:00 AM start	Swim Meet: Stingrays @ Golden -- Splash
June 23	Tuesday	6:45-10:00 AM	Stingray Swim-a-Thon
June 23	Tuesday	5:15-7:30 PM	STROKE CLINIC – Breaststroke
June 24	Wednesday	5:15-7:00 PM	Racing Swimmers Night Practice
June 27	Saturday	6:00 AM warm-up 7:00 AM start	Swim Meet: Stingrays host Applewood Knolls
June 28	Sunday	6:00 AM warm-up 7:00 AM start	Swim Meet: C/D Meet @ Splash for kids w/ C & D Times
June 28	Sunday	6:00 AM warm-up 7:00 AM start	Swim Meet: Penthalon @ AAC (Applewood Athletic Club) Kids need to qualify for this meet. Check w/ Coach
June 29 & 30	Mon & Tues	7:00-9:30 AM	7-8:30 AM Older 8:15-9:30 AM Younger, 9:15-10:15 3 rd Practice
June 30	Tuesday	5:15-7:30 PM	STROKE CLINIC – Starts & Turns
July 1	Wednesday	7:00-9:30 AM	Kid Coach Day – Parents & Coaches swim the practice while being coached by their swimmers
July 2 & 3	Thurs & Fri	NO PRACTICE	Happy 4 th of July – NO PRACTICE
July 4	Saturday	NO SWIM MEET	4TH of July Break – NO SWIM MEET
July 7	Tuesday	5:15-7:30 PM	STROKE CLINIC – Relay Starts & Turns
July 8	Wednesday	7:00-8:15 PM	Time Trial – League Swimmers
July 11	Saturday	6:00 AM warm-up 7:00 AM start	Swim Meet: Stingrays host 5 Parks
July 12	Sunday	6:00 AM warm-up 7:00 AM start	Last Chance Swim Meet @ Green Mtn Swim Club – Must have a B time or faster
July 14	Tuesday	5:15-7:30 PM	STROKE CLINIC - MISC
July 15	Wednesday	7:00-8:15 PM	Time Trials for State Swimmers
July 16	Thursday	5:00-8:30-ish PM	Spaghetti Dinner for league swimmers @ TBD
July 17	Friday	5:15-8:00 PM	League Swim Meet 400's @ 6 th Ave West Pool
July 18	Saturday	6:00 AM - Noon	League Swim Meet @ Splash (Events 1-64)
July 19	Sunday	6:00-11:30 AM	League Swim Meet @ Splash (Events 65-110)
July 24	Friday		Last Day of Stingray Practice!!!
July 24, 25 & 26	Friday, Sat. & Sunday	TBD	State swim meet TBD Pool: Fri -400's, Sat 8 & U-12 yr, Sun 13-18 yr. https://csscsa.swimtopia.com/teams
July 27	Monday	10 AM-6 PM	Stingrays go to Water World!
July 28	Tuesday	5:00-9 PM	Stingrays Swim Team Banquet