

YOTA Swim Team | Taylor YMCA

Tentative: This schedule is subject to change as needed. Last Update: 8/26/2025

NOTE: Swimmers are expected to attend every scheduled practice unless they are sick, injured or involved in another sport/activity.

Practice absence should always be communicated to Coach Brian ahead of time.

2025-2026 Week 1 [Starting September 2nd, 2025]

Date	Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6
GREEN GROUP	off	Off	Taylor 6:30-7:30	Off	Taylor 6:30-7:30	Off
WHITE GROUP	off	Taylor 6:30-7:30	off	Taylor 6:30-7:30	Taylor 5:30-6:30	Off
PURPLE GROUP	off	Taylor 5:30-6:30	Taylor 5:30-6:30	Taylor 5:30-6:30	Off	Off
SILVER GROUP	off	Taylor 4:00-5:30	Taylor 4:00-5:30	Taylor 4:00-5:30	Taylor 4:00-5:30	Off

2025-2026 School Year Schedule [Starting September 8th, 2025]

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GREEN GROUP	Taylor 7:00-8:00	Off	Taylor 6:30-7:30	Off	Taylor 6:30-7:30	Off
WHITE GROUP	Taylor 6:00-7:00	Taylor 6:45-7:45		Taylor 5:30-6:45	Off	Off
PURPLE GROUP	Taylor 5:00-6:00 (Swim) 6:10-6:40 (Dryland)	Taylor 5:30-6:45	Taylor 5:15-6:30 (Swim) 6:40-7:10 (Dryland)	Off	Taylor 5:30-6:30	Off
SILVER GROUP	Taylor 4:00-5:00 (Swim) 5:10-5:40 (Dryland)	Taylor 4:00-5:30	Taylor 4:00-5:15 (Swim) 5:25-6:00 (Dryland)	Taylor 4:00- 5:30	Taylor 4:00-5:30	Off

2025-2026 School Year Schedule [Starting September 15th, 2025]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GREEN GROUP	TAYLOR(4) 6:45-7:45	Off	TAYLOR(4) 6:45-7:45	Off	TAYLOR(5) 5:30-6:30	Off
WHITE GROUP	TAYLOR(5) 5:30-6:45.	Taylor(5) 6:00-7:15	TAYLOR(5) 5:30-6:45	TAYLOR(5) 6:00-7:15	Off	Off
PURPLE GROUP	TAYLOR(5) 4:00-5:30.	NWCY(5) 5:20-5:50 (Dryland) 6:00-7:30(Swim)	TAYLOR(5) 4:00-5:30	OFF	NWCY(5) 5:20-5:50 (Dryland) 6:00-7:30(Swim)	NWCY(5) 10:00-11:30
SILVER GROUP	NWCY(5) 5:20-5:50 (Dryland) 6:00-8:00 (SWIM)	TAYLOR(6) 4:00-6:00	NWCY(5) 5:20-5:50(Dryland) 6:00-8:00(Swim)	TAYLOR(6) 4:00-6:00	NWCY(5) 4:00-6:00	NWCY(5) 8:00-10:00

2025-2026 Fall Prep Schedule [Starting September 22nd, 2025 - November 13, 2025]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOTA PREP		TAYLOR(4) 7:15-8:15		TAYLOR(4) 7:15-8:15		
JR PREP	TAYLOR(3) 7:45-9:00			NWCY(4) 6:00-7:15	Taylor (5) 4:15-5:30	