

Revised 9.10.25



2025 - 2026 Ocean City Swim Team Fall/Winter Schedule: 9/8/25 - 3/28/26

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yellow	5:00 - 6:00PM	OFF	5:00 - 6:00PM	OFF	5:00 - 6:00PM	OFF	OFF
Blue	5:00 - 6:00PM	OFF	5:00 - 6:00PM	OFF	5:00 - 6:00PM	OFF	OFF
Bronze	5:00 - 6:30PM	5:00 - 6:00PM Dryland: 6:15-7:00PM	5:00 - 6:30PM	5:00 - 6:30PM	5:00 - 6:30PM	OFF	OFF
Silver	6:00 - 8:00PM	5:00 - 6:00PM Dryland: 6:15-7:00PM	6:00 - 8:00PM	5:00 - 7:00PM	6:00 - 8:00PM	OFF	OFF
Gold	6:00 - 8:00PM	5:00 - 6:00PM Dryland: 6:15-7:00PM	6:00 - 8:00PM	5:00 - 7:00PM	6:00 - 8:00PM	OFF	OFF

Practice times are subject to change. Please monitor your email for schedule updates or unexpected cancellations.