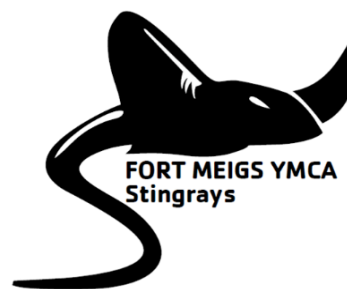


Ft. Meigs YMCA Stingrays

2026 Fall Practice Schedule

September 14 - October 22, 2026



Group	Days	Times	Exercises
High School - Gold & Jr. High - Gold	Monday - Thursday Friday	4:00 - 5:45 4:00 - 5:30	15 Minutes After Practice Mon - Thurs
Silver - A	Monday - Friday	4:00 - 5:30	15 Minutes Before Practice Mon - Thurs
High School Swim Club & Silver B	Monday - Friday	4:00 - 5:15	15 Minutes After Practice Mon - Thurs
Green	Mon, Tues, Wed, Thurs Friday	6:30 - 7:45 5:30 - 6:45	15 Minutes Before Practice Mon - Thurs
Purple	Mon, Tues, Wed, Thurs Friday	6:45 - 7:45 5:30 - 6:30	15 Minutes Before Practice Mon - Thurs
Blue	Mon, Tues, Wed, Thurs	5:45 - 6:45	
Red - A	Monday & Wednesday Friday	5:30 - 6:30 5:30 - 6:30	
Red - B	Tuesday & Thursday Friday	5:30 - 6:30 5:30 - 6:30	
Pink	Monday & Wednesday Friday	4:30 - 5:15 4:45 - 5:30	

On October 23, 2026 we will be adjusting the practice schedule to accommodate the High School Swimming Season.