

Ft. Meigs YMCA Stingrays

2026 Fall Practice Schedule

October 26, 2026 - End of HS Season



Group	Days	Times	Exercises
Gold & Silver A1	Monday - Thursday Friday	5:15 - 6:45 5:30 - 7:00	15 Minutes After Practice Mon - Thurs
Silver A2 & Silver B	Monday & Wednesday Tuesday & Thursday Friday	6:15 - 7:15 5:15 - 6:15 5:30 - 6:45	15 Minutes Before Practice Mon - Thurs
Green	Monday - Friday	6:45 - 8:00	15 Minutes Before Practice Mon - Thurs
Purple	Mon, Tues, Thurs, Fri	7:15 - 8:15	
Blue	Tues, Thurs, Fri Wednesday	6:15 - 7:15 7:15 - 8:15	
Red - A	Mon, Wed, Fri	5:15 - 6:15	
Red - B	Tuesday & Thursday Friday	4:30 - 5:30 5:15 - 6:15	
Pink	Mon, Wed, Fri	4:30 - 5:15	

This schedule accomodates the high school teams that practice at the YMCA during the HS Season.