

CA STINGRAYS SUMMER SCHEDULE

MAY 31, 2026 – AUGUST 31, 2026

NO PRACTICE: JUNE 19 • JULY 4 • JULY 5

JOHN JAY COLLEGE | 📍 524 W 59th Street, New York, NY 10019

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BB	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:00 PM	Pool: 4:00 – 5:30 PM HIIT: 5:30 – 6:00 PM	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:00 PM	Pool: 4:00 – 5:30 PM HIIT: 5:30 – 6:00 PM	—	—
AB	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	HIIT: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	HIIT: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	—	Pool: 5:00 – 6:00 PM
AA	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	HIIT: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	VASA: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	HIIT: 4:00 – 5:00 PM Pool: 5:00 – 6:30 PM	—	Pool: 5:00 – 6:00 PM

MILBANK | 📍 Dunlevy Milbank Center | 14-32 W 118th Street, New York, NY 10026

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BB	5:00 – 6:00 PM	4:30 – 5:30 PM	5:00 – 6:00 PM	4:30 – 5:30 PM	—	—	—
AB	6:00 – 7:30 PM	4:30 – 6:00 PM	6:00 – 7:30 PM	4:30 – 6:00 PM	—	5:00 – 6:00 PM	—
AA	6:00 – 7:30 PM	4:30 – 6:00 PM	6:00 – 7:30 PM	4:30 – 6:00 PM	—	5:00 – 6:00 PM	—

TRAINING DEFINITIONS



VASA TRAINING – Swim-specific strength and conditioning utilizing VASA swim trainers and resistance equipment.



HIIT TRAINING – High-Intensity Interval Training focused on endurance, strength, mobility, athletic development, and injury prevention.



SCHEDULE NOTES

- John Jay and Milbank schedules are subject to change.
- No practice on June 19, July 4, and July 5.
- Athletes should arrive 10–15 minutes before their scheduled training session.
- Please bring all required swim equipment and water bottles to each practice.