

2010 Practice Schedule

Mon Tue Wed Thu Fri Sat

Nat	AM	5:00 - 6:30	Off	5:00 - 6:30	Off	5:00 - 6:30	6:00 - 8:00**
Coach Chris	PM	4:30 - 7:00	4:00 - 7:30	4:30 - 7:00	4:00 - 7:30	4:30 - 7:00	8:30-10:30*
Gold	AM	5:00 - 6:30	Off	5:00 - 6:30	Off	5:00 - 6:30	6:00 - 8:00**
Coach Chris	PM	4:30 - 7:00	4:00 - 7:30	4:30 - 7:00	4:00 - 7:30	4:30 - 7:00	8:30-10:30*
Silver	AM	Off	5:30 - 6:30	Off	5:30 - 6:30	Off	8:30-10:30
Coach George	PM	5:00 - 7:30	5:00 - 7:30	5:00 - 7:30	5:00 - 7:30	5:00 - 7:30	***
Sr. Develop	AM	Off	5:30-6:30	Off	5:30-6:30	Off	8:30-10:30
Coach Rebecca	PM	6:15-8:30	6:15-8:30	6:15-8:30	6:15-8:30	6:15-8:30	
Bronze	AM	Off	Off	Off	Off	Off	6:30 - 8:30
Coach Rose	PM	5:00 - 7:30	5:00 - 7:30	5:00 - 7:30	5:00 - 7:30	5:00 - 7:30	* see calendar
Asteroids	AM	Off	Off	Off	Off	Off	6:30 -8:30
Coach Luis	PM	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	* see calendar
Meteorites	AM	Off	Off	Off	Off	Off	8:30 -10:30
Coach Luis	PM	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	* see calendar
Dippers	AM	Off	Off	Off	Off	Off	Off
George/Rose	PM	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	
Masters	AM	5:00 - 6:30	5:00 - 6:30	5:00 - 6:30	5:00 - 6:30	5:00 - 6:30	Coach Stacey &
		9:30-11:00		9:30-11:00		9:30-11:00	Coach Rose
	PM	7:00 - 8:30	7:00 - 8:30	7:00 - 8:30	7:00 - 8:30	7:00 - 8:30	*Open Lap Swim

Note: All Saturday practices are tentative due to meet schedules, check calendar.

*See Calendar

**Studio4Fitness

***Optional Studio4Fitness Schedule: See Gold & Nat. times