

Summer 2010**Monday****Tuesday****Wednesday****Thursday****Friday****National**

Coach Chris

AM	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30
PM	4:00 - 6:00	4:00 - 6:00	Off	4:00 - 6:00	Off
PM	Studio 4	3:00 - 4:30		3:00 - 4:30	(Sat 6-8am)

Gold

Chris Grace

AM	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30
PM	4:00 - 6:00	4:00 - 6:00	Off	4:00 - 6:00	Off
PM	Studio 4	3:00 - 4:30		3:00 - 4:30	(Sat 6-8am)

Silver

Coach George

AM	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30	6:00 - 8:30
PM	Off	Off	5:00 - 7:00	Off	5:00 - 7:00
	(Dryland 8:00 - 8:30)				

Bronze

Coach Rosemarie

AM	8:00 - 10:30	8:00 - 10:30	8:00 - 10:30	8:00 - 10:30	8:00 - 10:30
PM	Off	Off	5:00 - 7:00	Off	5:00 - 7:00
	(Dryland 7:30 - 8:00)				

Asteroids

Coach Luis

AM	8:00 - 10:30	8:00 - 10:30	8:00 - 10:30	8:00 - 10:30	8:00 - 10:30
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Meteorites

Coach Luis

AM	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00
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Dippers

Coaches George & Rose

PM	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00
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Sr.Development

Coach Alex

PM	4:15 - 7:00	4:15 - 7:00	4:15 - 7:00	4:15 - 7:00	4:15 - 7:00
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Note: All Saturday practices are tentative due to meet schedules, check calendar

Summer 2010

Monday

Tuesday

Wednesday

Thursday

Friday

Masters

Coach Rosemarie

AM	Lap swimming	from	5:00am - 6:00am	Monday	thru Friday
PM	7:00 - 8:30	7:00 - 8:30	7:00 - 8:30	7:00 - 8:30	7:00 - 8:30

Pre	Team
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AM	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30
	11:30 - 12:30	11:30 - 12:30	11:30 - 12:30	11:30 - 12:30	11:30 - 12:30

PM	6:30 - 7:30	6:30 - 7:30	6:30 - 7:30	6:30 - 7:30	6:30 - 7:30
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Session I	June 8th	June 26th
Session II	June 29th	July 17th
Session III	July 20th	August 7th

Swim	Lessons
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10:00am	to	2:00pm
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Change Pool Course	LC to SCY	2:00 - 3:00pm
	SCY to LC	8:30 - 9:00pm