

2009-2010 Practice Schedule

ALL TIMES ARE PM UNLESS OTHERWISE INDICATED AND ALL PRACTICES ARE M-F UNLESS OTHERWISE NOTED.
SATURDAY PRACTICE SCHEDULES ARE AT THE BOTTOM OF EACH COLUMN, NEED TO BE REGISTERED FOR AND ARE FOR
COMPETITIVE SWIMMERS.

Site - Group/Level	Gso. College	Pyramids	Reeves - All Practices M - Th	SportsCenter	YWCA - Gateway	YWCA - HP
	<i>IF MORE THAN ONE TIME IS GIVEN THAT MEANS THAT PRACTICES ARE OFFERED AT DIFFERENT TIMES AND YOU NEED TO CHOOSE ONE OR THE OTHER WHEN REGISTERING</i>					
Dolphins	3:45 - 4:45 5:00 - 6:00	3:45 - 4:45	3:30 - 4:30	3:30 - 4:15	3:45 - 4:45 4:45 - 5:45 (M- TH)	3:45 - 4:45 (M/W/F)
Piranhas	3:45 - 5:00 4:45 - 6:00	3:45 - 5:00	3:45 - 5:00	3:30 - 4:30	3:45 - 4:45 4:45 - 5:45	3:45 - 5:00 (M/W/F)
Sharks	3:45 - 5:15	3:45 - 5:15	4:00 - 5:30	4:15 - 5:30	3:45 - 5:15	4:00 - 5:30 (M/W/F)
Sr. Seasonal	6:00 - 7:15 6:00 - 7:30AM (M/W)	N/A	4:15 - 5:30	N/A	5:45 - 7:15 (M- TH) 5:15 - 6:30 (F)	6:00 - 7:30AM (T/TH)
Sr. Development	5:15 - 7:00 6:00 - 7:30AM (M/W)	5:15 - 7:00	4:45 - 6:30	4:30 - 6:00 6:00 - 7:30 6:00 - 7:15AM (T/TH)	3:45 - 5:30 5:30 - 7:15 (M- TH)	4:00 - 5:30 (M/W/F) 6:00 - 7:30AM (T/TH)

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Sr. 1	5:15 - 7:15 6:00 - 7:30AM (M/W)	5:00 - 7:00	4:45 - 6:30	5:30 - 7:15 6:00 - 7:15AM (T/TH)	5:15 - 7:15 (M- TH) 4:45 - 6:30 (F)	N/A
Sr. Sectional +	5:15 - 7:15 6:00 - 7:30AM (M/W)	5:15 - 7:15AM	4:45 - 6:30	5:15 - 7:15 AM	5:15 - 7:15 (M- TH) 4:45 - 6:30 (F)	N/A
SATURDAYS (AM)	Seniors - 8:00 - 9:45 Age Group - 8:30 - 9:45	Seniors - 7:00 - 8:45 Age Group - 8:45 - 10:00	N/A	Sr. 1 & Up - 7:00 - 9:00 Sr. Dev. & Sharks - 7:30 - 9:00 Dolphins & Pir. - 8:00 - 9:00	Sr. 1 & Up - 7:00 - 9:00 Sr Dev. Down - 7:30-9:00	N/A