

	COMPETITIVE SKILLS (CS)	JUNIORS (JR)	INTERMEDIATE (INT)	AGE GROUPS (AG)	USA 1 (US1)	USA 2 & HIGH SCHOOL (US2 & HS)
MONDAY	N/A	N/A	5:30-6:15PM	6:15-7:15PM	6:15-7:15PM	7:15-8:45PM
DRYLAND	N/A	N/A	AGE 11 AND UP 6:30-7:10PM			6:30-7:10pm
TUESDAY	5-5:30PM	5:30-6:15PM	N/A	6:15-7:15PM	6:15-7:15PM	7:15-8:45PM
DRYLAND	N/A	N/A	N/A	N/A	N/A	N/A
WEDNESDAY	5-5:30PM	N/A	6:30-7:15PM	5:30-6:30PM	5:30-6:30PM	7:15-8:45pm
DRYLAND	N/A	N/A	N/A	AGE 11 AND UP 6:30-7:10PM	AGE 11 AND UP 6:30-7:10PM	6:30-7:10pm
THURSDAY	5-5:30PM	5:30-6:15PM	N/A	6:15-7:15PM	6:15-7:15PM	7:15-8:45PM
DRYLAND	N/A	N/A	N/A	N/A	N/A	N/A
FRIDAY		5:30-6:15PM	6:15-7PM	N/A	7-8PM	7-8:30PM
DRYLAND	N/A	N/A	N/A	6:15-6:55pm	6:15-6:55pm	6:15-6:55pm

NO PRACTICE ON:

ALL **US1** SWIMMERS MUST ATTEND 3 PRACTICES PER WEEK

10/31/2011

ALL **US2** SWIMMERS MUST ATTEND 4 PRACTICES PER WEEK

11/24/2011

DRYLAND TRAINING WILL BE HELD AT THE CLUB AND IS FOR SWIMMERS 11 YEARS OLD AND OLDER