

2010-2011 PRACTICE SCHEDULE

| DAY | TIME | WHO(AGE) | WHERE | COACHES |
|-----------|----------------------|-------------------------------|----------------------------|-----------------------------------|
| Monday | 3:30-5:15 | 9 & Up | South Y | Dawn Marscia Jill |
| Tuesday | 5-6:00 → 5-6:30 → | 8 & Under 9-12 | North Y | Matt Marscia Tammy |
| Tuesday | 5-6 | 13 & Over <i>(Dryland)</i> | North Y | Dawn |
| Wednesday | 5-6:30 | 13 & Over | North Y | Dawn Kim |
| Thursday | 5-6:30 | 13 & Over | North Y | Dawn Jill |
| Thursday | 4:30-6 | 12 & Under | South Y | Marscia Tammy Julie/Rachael |
| Friday | 5-6:00 → 5-6:30 → | 8 & Under 9-12 | North Y | Matt Tammy Jeff/Candice |
| Friday | 5-6 | 13 & Over <i>(Dryland)</i> | North Y | Dawn |
| Sunday | 4-5 | 13 & Over <i>(Dryland)</i> | Alternating North/South | Dawn |
| Sunday | 5-6:30 | All Swimmers | Alternating North/South | Dawn Candice |