

# 2010 Summer Practice Schedule

## Morning Schedule

| Group     | Time                                    | Pool |
|-----------|-----------------------------------------|------|
| 3         | Dryland 7:00-7:15<br>Swim 7:15-8:15     | Lap  |
| 4         | Swim 8:15-9:30<br>Dryland 9:30-10:00    | Lap  |
| 5/6       | Swim 9:30-11:00<br>Dryland 11:00-11:30  | Lap  |
| Mini Rays | Swim 10:00-10:30                        | Rec  |
| 1         | Swim 10:30-11:00<br>Dryland 11:00-11:15 | Rec  |
| 2         | Dryland 11:00-11:15<br>Swim 11:15-12:00 | Rec  |

## Afternoon Schedule

| Group     | Time                                | Pool |
|-----------|-------------------------------------|------|
| 1-3       | Dryland 3:00-3:15<br>Swim 3:15-4:15 | Lap  |
| 4-6       | Dryland 4:00-4:15<br>Swim 4:15-5:30 | Lap  |
| Mini Rays | Swim 5:30-6:00                      | Rec  |