

## Practice Schedule By Group January 2012-March 2012

	Blue	Red	Bronze	Silver Lite
Sunday	4-5 pm @ Rec	4-5:15 pm @ Rec	4-5:30 pm @ Rec	4-5:30 pm @ Rec
Monday	6:30-7:45 pm @ Kellogg	6:30-8 pm @ Kellogg	6:30-8:30 pm @ Rec	6:30-8:30 pm @ Rec
Tuesday	7-8 pm @ Rec	7-8:15 pm @ Rec	7-8:30 pm @ Rec	7-8:30 pm @ Rec
Wednesday	6:30-8 pm @ Rec	6:30-8:15 pm @ Rec	6:30-8:30 pm @ Rec	6:30-8:30 pm @ Rec
Thursday	6:30-7:45 pm @ Kellogg	6:30-8 pm @ Kellogg	7-8:30 pm @ Rec	7-8:30 pm @ Rec
Friday	7-8 pm @ Rec	7-8:15 pm @ Rec	7-8:30 pm @ Rec	7-8:30 pm @ Rec

Note: Practice times listed from 6:30-7:00 pm at the Rec Center are dryland activities.

Swimmers need to have appropriate clothes & shoes

	Silver	Gold	Fitness	Power
Sunday	4-5:45 pm @ Rec	4-6 pm @ Rec	4-5:45 pm @ Rec	4-6 pm @ Rec
Monday	6:30-8:45 pm @ Rec	6:30-9 pm @ Rec	6:30-8:45 pm @ Rec	6:30-9 pm @ Rec
Tuesday	6:30-8:45 pm @ Rec	6:30-9 pm @ Rec	6:30-8:45 pm @ Rec	6:30-9 pm @ Rec
Wednesday	3:30-5:30 pm @ WC or 6:30-8:45 pm @ Rec	3:30-5:30 pm @ WC or 6:30-9 pm @ Rec	6:30-8:45 pm @ Rec	6:30-9 pm @ Rec
Thursday	5:45-7:30 pm @ WC ♦	5:45-7:45 pm @ WC ♦	6:30-8:45 pm @ Rec	6:30-9 pm @ Rec
Friday	7-8:45 pm @ Rec	7-9 pm @ Rec	7-9 pm @ Rec	7-9 pm @ Rec

	Regional	High Performance
Sunday	4-6:45 pm @ Rec	4-6:45 pm @ Rec
Monday	3:30-6:30 pm @ WC ♦	3:30-6:30 pm @ WC ♦
Tuesday	3:30-6:30 pm @ WC ♦	3:30-6:30 pm @ WC ♦
Wednesday*	5:30-6:45 am @ Rec/3:30-6:30 pm @ WC ♦	5:30-6:45 am @ Rec/3:30-6:30 pm @ WC ♦
Thursday	3:30-6:30 pm @ WC ♦	3:30-6:30 pm @ WC ♦
Friday	3:30-5:30 pm @ YMCA or 7-9 pm @ Rec	3:30-5:30 pm @ YMCA or 7-9 pm @ Rec

♦ If there is no school, there will be no practice at Willow. All practices will then be at the Rec Center