

# Y-SPARTAQUATICS SWIM CLUB

## PRACTICE SCHEDULE Short Course 2010-2011

<u>Training Group</u>	<u>Days</u>	<u>Middle Tyger YMCA</u>	<u>COACH</u>
Home School Group	M,W, F SAT	12:30 – 1:30pm TBA	TIM ERIN
Y-Spartaquatics Swim League Fall Session: Sept 7 - Dec 16 Spring Session: Jan 11 - May 13	M,T,TH	4:00-4:30PM – YSL 1 4:30-5:15PM - YSL 2 5:15-6:15PM – YSL 3	JENNY DANIELLE TBA
Age Group Green	M,T,W,TH F SAT	4:00-5:15PM 4:00-5:30PM <b>11:00-12:30PM</b>	ERIN
Age Group Red	M,T,W,TH F SAT	5:15-6:45PM 4:00-5:30PM <b>11:00-1:00PM</b>	ERIN
Age Group Purple	M, T, TH F SAT	6:15-8:00PM 6:45-8:30PM <b>9:00-11:00AM</b>	GRETCHEN ADDIE
Age Group Blue	M,T,TH W,F SAT	4:00-5:45PM 6:00-7:45PM <b>11:00-1:00PM</b>	TIM
Age Group Yellow	M,T,TH W,F SAT	5:45-7:45PM 4:00-6:00PM <b>9:00-11:00AM</b>	TIM
Senior III	M, T, TH, F SAT	6:45-8:30PM <b>11:00-1:00PM</b>	JOHNNY <b>TBA</b>
Pre-Senior	M,W,F T, TH SAT	6:15-8:15PM 4:15-6:15PM <b>9:00-11:15AM</b>	KARL
Senior II	M,W,F T, TH T, TH SAT	4:15-6:15PM 6:15-8:15PM 5:00-6:45AM <b>6:30-9:00AM</b>	KARL
Senior I T, Th AM Dryland S Dryland after Swim	M,T,W,TH,F T,TH SAT	4:15-6:30PM 5:00-6:45AM <b>6:30-10:00AM</b>	PETE

For Dryland days, please have swimmers ready with sneakers, shorts, and a T-Shirt.