

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 11:00-12:30PM	ERIN
Age Group Red	M,T,W*,TH F* SAT*	5:15-6:45PM 4:00-5:30PM 11:00-1:00PM	ERIN
Age Group Purple	M, T*, TH F* SAT	6:15-8:00PM 5:00-6:30PM 9:00-11:00AM	GRETCHEN ADDIE
Age Group Blue	M,T*,TH* W,F SAT	4:00-5:45PM 6:00-7:45PM 11:00-1:00PM	TIM
Age Group Yellow	M,T,TH W*,F* SAT	5:45-7:45PM 4:00-6:00PM 9:00-11:00AM	TIM
Senior III	M, T*, TH F* SAT	6:45-8:30PM 6:15-8:00PM 11:00-1:00PM	JOHNNY TBA
Pre-Senior	M,W,F T, TH SAT	6:15-8:15PM 4:15-6:15PM 9:00-11:15AM	KARL
Senior II	M,W,F T, TH T, TH SAT	4:15-6:15PM 6:15-8:15PM 5:00-6:45AM 6:30-9:00AM	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 6:30-10:00AM	PETE

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