

## 2005 Summer Practice Schedule (May 30 – July 16)

WHITE 1 & 2		
DAY	DRY LAND	SWIM
MONDAY	NONE	NONE
TUESDAY	4:00 - 4:15	4:15 - 5:15
WEDNESDAY	NONE	NONE
THURSDAY	4:00 - 4:15	4:15 - 5:15
FRIDAY	NONE	NONE
SATURDAY	11:15 - 11:30	11:30 - 12:30

RED 1 & 2		
DAY	DRY LAND	SWIM
MONDAY	5:15 - 5:30	5:30 - 7:00
TUESDAY	5:15 - 5:30	5:30 - 7:00
WEDNESDAY	NONE	NONE
THURSDAY	5:15 - 5:30	5:30 - 7:00
FRIDAY	5:15 - 5:30	5:30 - 7:00
SATURDAY	9:45 - 10:00	10:00 - 11:30

BLUE		
DAY	DRY LAND	SWIM
MONDAY AM	NONE	7:00 - 9:00
MONDAY PM	4:45 - 5:15	5:15 - 6:30
TUESDAY AM	NONE	NONE
TUESDAY PM	4:45 - 5:15	5:15 - 6:30
WED. AM	NONE	7:00 - 9:00
WED. PM	NONE	NONE
THURSDAY AM	NONE	NONE
THURSDAY PM	4:45 - 5:15	5:15 - 6:30
FRIDAY AM	NONE	7:00 - 9:00
FRIDAY PM	4:45 - 5:15	5:15 - 6:30
SATURDAY AM	NONE	8:00 - 10:00

SENIOR		
DAY	DRY LAND	SWIM
MONDAY AM	NONE	6:30 - 9:00
MONDAY PM	3:00 - 4:00	4:00 - 5:30
TUESDAY AM	NONE	6:30 - 9:00
TUESDAY PM	3:00 - 4:00	4:00 - 5:30
WED. AM	NONE	6:30 - 9:00
WED. PM	NONE	NONE
THURSDAY AM	NONE	6:30 - 9:00
THURSDAY PM	3:00 - 4:00	4:00 - 5:30
FRIDAY AM	NONE	6:30 - 9:00
FRIDAY PM	3:00 - 4:00	4:00 - 5:30
SATURDAY AM	NONE	7:30 - 10:00

**NOTE:**

- \* ALL PRACTICES ARE AT THE LANCASTER AQUATIC CENTER
- \* SCHEDULE CHANGES WILL BE NOTED IN THE MONDAY BULLETIN
- \* QUESTIONS? CONSULT THE WEB OR CONTACT THE OFFICE

**WEB:** [www.wildcataquatics.org](http://www.wildcataquatics.org)

**EMAIL:** [ccox@wildcataquatics.org](mailto:ccox@wildcataquatics.org), [jbrucato@wildcataquatics.org](mailto:jbrucato@wildcataquatics.org), [dlittle@wildcataquatics.org](mailto:dlittle@wildcataquatics.org)

**PHONE:** (859) 277-7946