

WILDCAT AQUATICS

www.wildcataquatics.org / wildcataquatics-subscribe@yahoogroups.com

2004 – 2005 Practice Schedule (September – April)

WHITE 1		
DAY	DRY LAND	SWIM
TUESDAY	5:00-5:15	5:15-6:15
THURSDAY	5:00-5:15	5:15-6:15
SATURDAY	11:45-12:00	12:00-1:00

WHITE 2		
DAY	DRY LAND	SWIM
TUESDAY	6:00-6:15	6:15-7:15
THURSDAY	6:00-6:15	6:15-7:15
SATURDAY	11:45-12:00	12:00-1:00

RED 1		
DAY	DRY LAND	SWIM
MONDAY	5:00-5:15	5:15-6:45
TUESDAY	7:00-7:15	7:15-8:45
WEDNESDAY	5:00-5:15	5:15-6:45
THURSDAY	7:00-7:15	7:15-8:45
SATURDAY	10:15-10:30	10:30-12:00

RED 2		
DAY	DRY LAND	SWIM
MONDAY	6:30-6:45	6:45-8:15
TUESDAY	7:00-7:15	7:15-8:45
WEDNESDAY	6:30-6:45	6:45-8:15
THURSDAY	7:00-7:15	7:15-8:45
SATURDAY	10:15-10:30	10:30-12:00

BLUE		
DAY	DRY LAND	SWIM
MONDAY	6:45-7:15	7:15-9:00
TUESDAY	6:45-7:15	7:15-9:00
WEDNESDAY	6:45-7:15	7:15-9:00
THURSDAY	6:45-7:15	7:15-9:00
FRIDAY	4:45-5:15	5:15-7:00
SATURDAY	10:00-10:30	10:30-12:15

SENIOR		
DAY	DRY LAND	SWIM
MONDAY	4:15-5:00	5:00-7:15
TUESDAY	4:15-5:00	5:00-7:15
WEDNESDAY	4:15-5:00	5:00-7:15
THURSDAY	4:15-5:00	5:00-7:15
FRIDAY	4:15-5:00	5:00-7:15
SATURDAY	9:30-10:30	10:30-12:30

NOTE:

- * PRACTICE BEGINS SEPTEMBER 7
- * 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

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