



## SCY Practice Schedule / 2009- 2010 *(keep this for your records)*

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

WHITE 2		
DAY	DRY LAND	SWIM
TUESDAY	5:45-6:00	6:00-6:45
THURSDAY	5:45-6:00	6:00-6:45
SATURDAY	11:45-12:00	12:00-12:45

RED 1		
DAY	DRY LAND	SWIM
MONDAY	4:15-4:30	4:30-5:45
TUESDAY	6:30-6:45	6:45-8:15
WEDNESDAY	4:15-4:30	4:30-5:45
THURSDAY	6:30-6:45	6:45-8:15
SATURDAY	10:15-10:30	10:30-12:00

RED 2		
DAY	DRY LAND	SWIM
MONDAY	5:30-5:45	5:45-7:15
TUESDAY	6:30-6:45	6:45-8:15
WEDNESDAY	5:30-5:45	5:45-7:15
THURSDAY	6:30-6:45	6:45-8:15
SATURDAY	10:15-10:30	10:30-12:00

BLUE		
DAY	DRY LAND	SWIM
MONDAY	5:45-6:15	6:15-8:00
TUESDAY	6:45-7:15	7:15-9:00
WEDNESDAY	5:45-6:15	6:15-8:00
THURSDAY	6:45-7:15	7:15-9:00
FRIDAY	4:30-4:45	4:45-6:30
SATURDAY	10:00-10:30	10:30-12:15

SENIOR		
DAY	DRY LAND	SWIM
MONDAY	6:15-6:45	4:00-6:15
TUESDAY	4:15-5:00	5:00-7:15
WEDNESDAY	6:15-6:45	4:00-6:15
THURSDAY	4:15-5:00	5:00-7:15
FRIDAY	NONE	4:00-6:15
SATURDAY	9:30-10:30	10:30-12:30

### **NOTE:**

- \* PRACTICE BEGINS: TBA
- \* ALL PRACTICES ARE AT THE LANCASTER AQUATIC CENTER
- \* SCHEDULE CHANGES WILL BE NOTED IN THE WEEKLY NEWSLETTER
- \* QUESTIONS? CONSULT THE WEB OR EMAIL YOUR COACH

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