

FALL PRACTICE SCHEDULE 2011-12				
National-Senior	3:45-4:15	Dryland	M-W-F	Bill
	4:15-6:15	Swim	M-F	Bill
	7:15 to 8:00 am	Dryland	Sat	Bill
	8 to 10 am	Swim	Sat	Bill
Senior Prep	3:45-4:15	Dryland	M-F	Stuart
	4:15-6:15	Swim	M-F	Stuart
	8 to 10 am	Swim	Sat	Stuart
	10 to 10:45 am	Dryland	Sat	Stuart
Senior 2	NO DRYLAND			
	6-7:30am	Swim	M/T/TH/F	Bill
Platinum	4:15-6:15	Dryland	M-W	Tyler
	4:45 to 6:45	Swim	M-W-F	Tyler
	4:15 to 6:15	Swim	T-TH	Tyler
	8-10 am	Swim	Saturday	Tyler
	10- 10:45 am	Dryland	Saturday	
Gold 1	5:45-6:15	Dryland	M-W	Dan
	6:15-7:45	Swim	M-F	Tyler
	9:15 to 10 am	Dryland	Sat	Dan
	10 to 11:30	Swim	Sat	Tyler
Gold 2	5:45-6:15	Dryland	T-TH	Dan
	6:15-7:45	Swim	M-F	Dan
	9:15 to 10 am	Dryland	Sat	Dan
	10 to 11:45 am	Swim	Sat	Dan
Silver 1	5:50-6:15	Dryland	M/W	Amanda
	6:15-7:30	Swim	M/W	Amanda
	6:30-7:30	Swim	F	Amanda
	10 to 11:15	Swim	Saturday	Amanda
Silver 2	5:50-6:15	Dryland	T/TH	Amanda
	6:15-7:30	Swim	T/TH	Amanda
	6:30-7:30	Swim	F	Amanda
	10 to 11:15	Swim	Saturday	Amanda
Bronze 1	NO DRYLAND			
	4:30-5:30	Swim	M/W	Amanda
	5:30-6:30	Swim	F	Amanda
	10 to 11:15	Swim	Saturday	Amanda
Bronze 2	NO DRYLAND			
	4:30-5:30	Swim	T/TH	Amanda
	5:30-6:30	Swim	F	Amanda
	10 to 11:15	Swim	Saturday	Amanda

Copper	NO DRYLAND			
	6:45-7:45	Swim	M/T/TH	Sarah
	10 to 11:15	Swim	Saturday	Sarah
Green 1	4-4:45	Swim	M/W/F	
Green 2	4:45-5:30	Swim	M/W/F	
Black 1	4-4:45	Swim	T/TH/F	
Black 2	4:45-5:30	Swim	T/TH/F	