

## CFY Swimming 2010-2011 Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Senior Group</b>							
<b>PM</b>	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm			6:15-8:15pm
<b>AM</b>		*5:15-6:30am		*5:15-6:30am		6:00-8:15am	
<b>Dryland</b>		5:50-6:30pm		5:50-6:30pm		8:20-9:00am	
<b>Age Group</b>							
<b>Water Time</b>	6:45-8:15pm		6:45-8:15pm	6:45-8:15pm	4:00-5:45pm	6:15-8:15am	6:15-8:15pm
<b>Dryland</b>	6:10-6:40pm		6:10-6:40pm			8:20-9:00am	
<b>White Group</b>	4:15-5:30pm	6:45-8:15pm	4:15-5:30pm		4:15-5:30pm	11:15-12:45pm	
<b>Green Group</b>	5:45-7:00pm		5:45-7:00pm		5:45-7:00pm	10:00-11:15am	
<b>Maroon Group</b>		5:45-6:45pm		5:45-6:45pm	5:45-6:45pm		

\*Practice before school for the Senior Group will start on October 11th.

Senior Group practices will start September 7th

All other group practices will begin September 13th