



2010 Summer Practice Schedule – Starting Tuesday, June 1, 2010

Regular practices will begin Tuesday, June 1st. Practices are held Monday through Friday, unless notified by the coaches. Times depend upon the age group and are as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
11 and up	7:00 – 8:30 am	7:00 – 8:30 am	7:30 – 8:30 am	7:00 – 8:30 am	7:30 – 8:30 am
9 and 10	8:30 – 9:30 am	8:30 – 9:30 am	8:30 – 9:30 am	8:30 – 9:30 am	8:30 – 9:30 am
7 and 8	9:30 – 10:15 am	9:30 – 10:15 am	9:30 – 10:15 am	9:30 – 10:15 am	9:30 – 10:15 am
5 and 6	10:15 – 10:45 am	10:15 – 10:45 am	9:30 – 10:00 am	10:15 – 10:45 am	10:15 – 10:45 am

- Swimmers should arrive 5-10 minutes prior to practice time to warm up and be ready in their lane to swim at their practice time. If worn, swim cap and goggles should be on prior to entering the water, so to make the most out of your workout time.
- Please exit the pool promptly when your practice is over, so not to delay the next group's practice.
- Practices are held rain or shine. Practice in the pool will be canceled if there is a thunderstorm in the area, or if the air temperature is below 60 degrees F. Coaches may still have swimmers come to the pool wearing tennis shoes and warm clothing, so that dry land training activities can be done outside of the water. A coach will be present or a sign will be posted outside of the swimmers entrance to the Ashbury pool if practice is canceled due to weather.