

SWIM SCHEDULE SHORT COURSE SEASON 22 SEPT 2011 - MID MARCH 2012

	MON	TUES	WED	THURS	FRI	SAT
PRE-COMP 1	4.15-5.00		4.15 - 5.00			
PRE-COMP2		4.15 - 5.00		4.15 - 5.00		
M.RAYS		5.00 - 6.30		5.00 - 6.30		
BLUE		4.15 - 5.30		4.15 - 5.30		7.00 - 9.00 AM
BRONZE	4.30 - 7.00	OFF	4.30 - 7.00	OFF	5.00 - 7.00	7.00-9.00 AM
						9.30-10.30 DRYLAND
SILVER	4.30 - 7.00	5.30 - 7.30	4.30 - 7.00	5.30 - 7.30	5.00 - 7.00	7.00-9.00 AM
						9.30-10.30 DRYLAND
GOLD						7.00-9.00 AM
	4.30 - 7.00	5.30-7.30 PM	4.30 - 7.00	5.30-7.30 PM	5.00 - 7.00	9.30-10.30 DRYLAND
SENIOR	5.30-7.00am		5.30-7.00am		5.30-7.00am	7.00 - 9.00 am
	4.30 - 7.00	5.30 - 7.30 pm	4.30 - 7.00	5.30 - 7.30 pm	5.00 - 6.30	9.30 - 10.30 DRYLAND

NB * DRY LAND SESSIONS WILL RUN FROM 4.30 - 5.00 PM IN GYM ON MONDAYS AND WEDNESDAYS AND YOGA & FLEXIBILITY SESSIONS ON SATURDAYS 9.30-10.30 AM FOR . BRONZE AND ABOVE. PLEASE BRING SNEAKERS AND SHORTS ON DRYLAND DAYS.

SWIM SCHEDULE FOR LONG COURSE SEASON MID MARCH - END JULY 2012

	MON	TUES	WED	THURS	FRI	SAT
PRE-COMP 1	4.15-5.00		4.15 - 5.00			
PRE-COMP2		4.15 - 5.00		4.15 - 5.00		
M.RAYS		5.00 - 6.30		5.00 - 6.30		
BLUE		4.15 - 5.30	OFF	4.15 - 5.30	off	7.00 - 9.00 AM
BRONZE		5.30-7.00 am		OFF		7.00-9.00 AM
BRONZE	4.30 - 7.00		4.30 - 7.00		5.00 - 7.00	9.30-10.30 DRYLAND
SILVER		5.30-7.00 am		5.30-7.00 am		7.00-9.00 AM
SILVER	4.00-6.00		4.00-6.00		4.00 - 6.00	9.30-10.30 DRYLAND
GOLD		5.30 - 7.00 am		5.30 - 7.00 am		7.00-9.00 AM
	4.30 - 7.00	5.30 - 7.30 pm	4.30 - 7.00		5.00 - 7.00 pm	9.30-10.30 DRYLAND
SENIOR	5.30-7.00am		5.30-7.00am		5.30-7.00am	7.00 - 9.00 am
	4.30 - 7.00	5.30 - 7.30 pm	4.30 - 7.00	5.30 - 7.30 pm	5.00 - 6.30	9.30 - 10.30 DRYLAND

NB * DRY LAND SESSIONS WILL RUN FROM 4.30 - 5.00 PM IN GYM ON MONDAYS AND WEDNESDAYS AND YOGA & FLEXIBILITY SESSIONS ON SATURDAYS 9.30-10.30 AM FOR BRONZE AND ABOVE