

**2008-09 Practice Schedule
March 30 – June 30**

Pre-Competes		@BHS	
PC1	M/W	6:00- 6:30	Stacey-Megan-Brook
PC2	T/TH	5:45- 6:30	Stacey-Susan

AG2's	M/T @ Fitness; W-Sat @ BHS	
Mon	6:30- 8:00	Fitness Judy
Tue	7:15- 8:45	Fitness Judy
Wed-Thu	6:30- 8:00	Bhs Judy
Saturday	10:00-11:30a	Bhs Judy
	9:00-10:00a	Dryland Clay

Silvers		@BHS	
Mon / Wed	6:30- 7:30	Stacey-Emma	
Tue / Thu	6:30- 7:30	Stacey-Susan	

AG1's	M-W @ BHS; Thu @ Fitness	
Mon/Wed	6:30- 7:45	Bhs Clay-Megan
Tuesday	6:30- 7:45	Bhs Megan-Emma
Thursday	7:15- 8:30	Fitness Megan-Emma
Saturday	10:00-11:15a	Bhs Clay
	9:00-10:00a	Dryland Clay

JR/SR's		Barry	
Mon-Thu	4:30- 6:30	Swim	
	tba	Dryland	
Friday	4:00- 6:00	Swim	
Saturday	8:00-10:00a	Swim	
	10:00-11:00a	Dryland	

BETT HOLIDAY PRACTICE SCHEDULE 2008

Date	Day	JR/SR	AG1 / 2	JR/SR	AG1 / 2	Silver
22	M	8-10a	9:30-10:45/11a	5-7p	6:30-7:45/8p(Fit)	6-7p
23	T	6- 8a	10:00-11:15/30a	5-7p	6:30-7:45/8p(bhs)	6-7p
24	W	6- 8a	10:00-11:15/30a	x	x	x
25	TH	x	x	x	x	x
26	F	8-10a	9:30-10:45/11a	5-7p	5:00-6:15p(bhs)	6-7p
27	SA	6- 8a	10:00-11:15/30a	tba	x	x
28	SU	9-11a	x	x	x	x
29	M	8-10a	9:30-10:45/11a	5-7p	6:30-7:45/8p(Fit)	6-7p
30	T	6- 8a	10:00-11:15/30a	5-7p	6:30-7:45/8p(bhs)	6-7p
31	W	10-1p	10:00-11:15/30a	x	x	10-11a
1	TH	8-11a	x	x	x	x
2	F	8-10a	9:30-10:45/11a	5-7p	5-6:15p(bhs)	6-7p
3	SA	6- 8a	10:00-11:15/30a	tba	x	x
4	SU	9-11a	x	x	x	x

NOTES:

- JR/SR's> Swimmers expected to attend as many practices as possible!
- AG1 / 2's> Combined practices in AM & PM. May only attend 1 practice per day!
AG1 has shorter practice (i.e. 9:30-10:45/11a = AG1 is 9:30-10:45a; AG2 is 9:30-11a)
PM practices will be crowded since all groups in the water during segments of these practice...AM practices are suggested for those able to minimize crowded lanes.
- Silvers> PM practices only with exception of December 31.