

PHOENIX SWIM CLUB

2010 FALL PRACTICE SCHEDULE

(Dry land will take place within the practice times listed below, except for the Gold group)

GOLD	Tues., Thurs., Fri.	5:30 – 7:00 a.m.
	Monday – Friday	3:30 – 6:00 p.m.
	Saturday	8:00 – 10:30 a.m.
	(Dry land Tues., Thurs., & Sat. after practice times listed above)	
SILVER	Tues. & Thurs.	5:30 – 7:00 a.m.
	Mon. & Wed.	3:30 – 6:00 p.m.
	Tues., Thurs. & Fri.	3:30 – 5:30 p.m.
	Saturday	7:15 – 10:00 a.m.
(Dry land Mon. & Wed., after practice & Sat. before practice)		
BRONZE	Tues. & Thurs.	5:30 – 7:00 a.m.
	Mon. & Wed.	4:00 – 6:00 p.m.
	Tues. & Thurs.	3:30 – 6:00 p.m.
	Fri.	3:30 – 5:00 p.m.
	Saturday	8:00 – 10:00 a.m.
(Dry land Tues. & Thurs. before practice)		
BLUE	Tues.	5:30 – 7:00 a.m.
	Mon. & Wed.	6:00 – 7:45 p.m.
	Tues. & Thurs.	5:30 – 7:45 p.m.
	Friday	5:30 – 7:00 p.m.
	Saturday	9:30 – 12:00 noon
(Dry land Tues., Thurs. & Sat. before practice)		
RED	Mon. & Wed.	5:45 – 7:45 p.m.
	Tues. & Thurs.	6:00 – 7:45 p.m.
	Friday	5:30 – 7:00 p.m.
	Saturday	10:00 – 12:00 noon
(Dry land Mon. Wed. & Sat. before practice)		
WHITE	Mon. – Thurs.	6:00 – 7:30 p.m.
	Friday	5:00 – 6:00 p.m.
	Saturday	8:00 – 9:30 a.m.
(Dry land Tues., Thurs. & Sat. before practice)		
RISING STARS	Mon. & Fri.	4:45 – 6:00 p.m.
	Tues. & Thurs.	5:00 – 6:00 p.m.
	Sat.	9:30 – 10:30 a.m.
(Dry land Mon. & Friday before practice)		
STARFISH	Tues. & Thurs.	4:15 – 5:00 p.m.
	Saturday	9:30 – 10:30 a.m.

PHOENIX SWIM CLUB MASTERS

Monday – Friday	5:30 – 7:00 a.m.	11:30 – 1:00 p.m.	6:00 – 7:30 p.m.
Sunday	10:00 – 12:00 noon		