

11/09

MED CITY AQUATICS

MCA SWIMMING

2009 - 2010 PRACTICE SCHEDULE

Levels 7 & 8	Practice (A) Lanes 4-8 6:00 - 7:00 PM • Mon, Tues, Wed, Thurs Stretch, Dryland, Vasa, Weights 7:00 - 9:00 PM • Mon, Tues, Wed, Thurs Pool 7:00 - 8:15 PM • Friday Pool 8:15 - 9:00 PM • Friday Water Polo 4:00 - 6:00 PM • Sunday Pool 5:30 - 6:45 AM • Mon, Wed, Fri Pool
Levels 7 & 8	Practice (B) Lanes 4-8, 12&13 6:15 - 7:00 PM • Mon, Tues, Wed, Thurs Stretch, Dryland 7:00 - 8:30 PM • Mon, Tues, Wed, Thurs Pool 7:00 - 8:15 PM • Friday Pool 8:15 - 9:00 PM • Friday Water Polo 4:00 - 5:30 PM • Sunday Pool
Levels 6 & 7	Practice (C) Lanes 12-15 6:45 - 7:00 PM • Mon, Tues, Wed, Thurs Stretch 7:00 - 8:15 PM • Mon, Tues, Wed, Thurs Pool 7:00 - 7:45 PM • Friday Pool 7:45 - 8:15 PM • Friday Games 4:00 - 5:15 PM • Sunday Pool
Level 5	Practice (D) Lane 16 6:45 - 7:00 PM • Mon, Wed, Fri Stroke Instruction 7:00 - 8:00 PM • Mon, Wed, Fri 3:00 - 4:00 PM • Sunday
Level 4	Practice (D) Lane 16 6:45 - 7:00 PM • Tues, Thurs Stroke Instruction 7:00 - 8:00 PM • Tues, Thurs 3:00 - 4:00 PM • Sunday