

2007 to 2008 DCY Swim Team Proposed Pool Times

	Monday			Tuesday			Wednesday			Thursday			Friday	
4:45	Gold Dryland 4:45 to 5:00	Bronze Group Practice 4:45 to 5:30 3 Lanes					Gold Dryland 4:45 to 5:00						Silver & Gold Dryland 4:45 to 5:00	
5:00			Silver Dryland 5:15 to 5:30						Silver Dryland 5:15 to 5:30					
5:30	Gold Group Practice 5:00 to 6:45 3 Lanes	Silver Practice to 6:45 3 Lanes		Gold Dryland 5:30 to 5:45	Bronze Group Practice 5:30 to 6:15 3 Lanes		Gold Group Practice 5:00 to 6:45 3 Lanes	Silver Practice to 6:45 3 Lanes		Gold Dryland 5:30 to 5:45	Bronze Group Practice 5:30 to 6:15 3 Lanes		Gold & Silver Group Practice 5:00 to 6:45 3 or 4 Lanes	
6:45				Gold Group Practice 5:45 to 7:30 3 Lanes		Silver Dryland 6:00 to 6:15				Gold Group Practice 5:45 to 7:30 3 Lanes		Silver Dryland 6:00 to 6:15		
7:00	Aqua Jog Class						Aqua Jog Class							
7:30					Silver Practice to 7:30 3 Lanes						Silver Practice to 7:30 3 Lanes			