

2009 to 2010 DCY Swim Team Practice Times (9/14/09)

	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 5:15			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 5:30 to 6:45 3 Lanes		Gold Group Practice 5:15 to 7:00 3 Lanes	Bronze Group Practice 5:00 to 5:45 3 Lanes	Silver Dryland 5:30 to 5:45	Gold Group Practice 5:00 to 6:45 3 Lanes	Silver Practice 5:30 to 6:45 3 Lanes		Gold Dryland 5:15 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					Silver Practice 5:45 to 7:00 3 Lanes							Silver Dryland 6:00 to 6:15		
7:00	Aqua Jog Class						Aqua Jog Class			Gold Group Practice 5:45 to 7:30 3 Lanes	Silver Practice 6:15 to 7:30 3 Lanes			
7:30														

All Tuesday Practices will be held at the Versailles Branch