

## Fall Practice Schedule - 2009

August 10 through November 7

Red 1	4-5 PM	Monday thru Thursday
Red 2	4-5 PM	Monday thru Friday
Red 3	5-6 PM	Monday thru Friday
Orange	5-7 PM	Monday thru Friday
	8-10 AM	Saturday
Seniors	6-7:30 PM	Monday - Wednesday - Friday (Swim)
	6-7:30 PM	Tuesday & Thursday (Weights)
	7-8:30 AM	Saturday (Weights)
	8:45-10:30 AM	Saturday (Swim)