

**LUBBOCK SWIM CLUB PRACTICE SCHEDULE
SHORT COURSE 2009-2010**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPARKS	6:30-7:00	6:30-7:00	6:30-7:00	6:30-7:00	OFF	OFF
DYNAMITER	6:30-7:00	6:30-7:00	6:30-7:00	6:30-7:00	6:30-7:00	OFF
STRIKER	6:00-6:30	6:00-6:30	6:00-6:30	6:00-6:30	6:00-6:30	OFF
THUNDERBOLT	6:00-6:30	6:00-6:30	6:00-6:30	6:00-6:30	6:00-6:30	OFF
SHOCKERS	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	OFF
BLUE I	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	OFF
BLUE II	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	OFF
SILVER	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	OFF
BLACK	5:00-7:00*	5:30-6:45	5:00-7:00*	5:30-6:45	5:00-6:30	OFF
JUNIOR	5:00-7:00*	5:30-7:00	5:00-7:00*	5:30-7:00	5:30-7:00	8:00-9:30 am
JUNIOR ELITE	5:00-7:00*	5:00-6:45	5:00-7:00*	5:00-6:45	5:00-6:30	8:00-9:30 am
SENIOR	5:00-7:00*	5:00-7:00	5:00-7:00*	5:00-7:00	5:00-6:30	8:00-9:30 am

***BE PREPARED FOR BOTH SWIM AND DRYLAND WORKOUTS
EFFECTIVE JANUARY 4, 2010**