

LUBBOCK SWIM CLUB  
SUMMER PRACTICE SCHEDULE  
2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sparks	5:30-6:00	5:30-6:00	5:30-6:00	5:30-6:00	OFF	OFF
Dynamiters	5:30-6:00	5:30-6:00	5:30-6:00	5:30-6:00	5:30-6:00	OFF
Strikers	5:00-5:30	5:00-5:30	5:00-5:30	5:00-5:30	5:00-5:30	OFF
Thunderbolts	5:00-5:30	5:00-5:30	5:00-5:30	5:00-5:30	5:00-5:30	OFF
Shockers	4:45-5:30	4:45-5:30	4:45-5:30	4:45-5:30	4:45-5:30	OFF
Blue 1	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	OFF
Blue 11	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	OFF
Silver	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	OFF
Black	7:00-8:30am	6:30-8:30 am*	7:00-8:30 am	6:30-8:30 am*	7:00-8:30 am	OFF
Junior	6:30-8:30 am OFF	6:30-8:30 am 4:00-5:30 pm*	6:30-8:30 am OFF	6:30-8:30 am 4:00-5:30 pm*	6:30-8:30 am OFF	8:00-9:30 am
Junior Elite	6:30-8:30 am 4:00-5:30 pm	6:30-8:30 am 4:00-5:30 pm*	6:30-8:30 am 4:00-5:30 pm	6:30-8:30 am 4:00-5:30 pm*	6:30-8:30 am OFF	8:00-9:30 am
Senior	6:30-8:30 am 4:00-5:30 pm	6:30-8:30 am 4:00-5:30 pm*	6:30-8:30 am 4:00-5:30 pm	6:30-8:30 am 4:00-5:30 pm*	6:30-8:30 am OFF	8:00-9:30 am

\*Weights/Drylands

\*\*Effective: June 1, 2010