

ASL Practice Schedule Short Course 2010-2011

**Practice for All Groups will begin Tuesday September 7th*

Augusta Aquatics Center

- **Senior/Senior National** – M-F 4-6:30 pm, Sat 7-10 (USCA). Senior National will have mornings as directed by the Program Director
- **Pre-Senior** – M-F 6-8 pm, Sat 9-11
- **Black** – M-F 6-7:45 pm, Sat 9-11
- **Blue** – Mon, Tues, Wed, Fri 6:30-8:00 pm
- **Red** – Tues, Thurs, Fri 5:30-6:45 pm
- **White** – Tues, Thurs, Fri 5:30-6:30 pm

USC-Aiken

- **Pre-Senior** – M-F 4-6:pm, Sat 9-11 (AAC)
- **Black** – M-F 4-5:45 pm, Sat 9-11 (AAC)
- **High School** – M-F 4-5:30 pm
- **Blue** – M-F 5:30-7 pm (swimmers choose 4 practices)
- **Red** – M-F 5:45-7 pm (swimmers must choose either M/W/F or T/Th/F)
- **White** – M-F 6-7 pm (swimmers must choose M/W/F or T/Th/F)

Riverwood Plantation

- **Black** – M-F 5-6:45 pm, Sat 9-11 (AAC)
- **High School** – M-F 5-6:30 pm
- **Blue** – M-F 5:30-7:00 pm
- **Red** – M-F 6:45-8 pm (swimmers must choose either M/W/F or T/Th/F)
- **White** – M-F 7-8 pm (swimmers must choose M/W/F or T/Th/F)