



Dynamo Alpharetta - 2009-2010 Short Course Practice Schedule

Senior 1 <i>Coach Rich</i>	T & Th	5:30 - 7:00/6:00 - 7:30 AM	Swim
	M-F	4:15 - 6:30 PM	Swim
	M & W	6:45 - 7:30 PM	Dryland
	Sat	7:00 - 10:30 AM	Dryland & Swim @ Cham
Senior 2 <i>Coach Ryan</i>	M & W	5:45 - 7:15/6:15 - 7:45 AM	Swim
	M-F	4:25 - 6:15 PM	Swim
	T & Th	6:35 - 7:20 PM	Dryland
	Sat	7:00 - 10:00 AM	Dryland & Swim
Senior 3 <i>Coach Michael</i>	M-F	7:00 - 7:45 PM	Dryland
	M-F	7:45 - 9:30 PM	Swim
	Sat	7:00 - 10:00 AM	Dryland & Swim
Age Group 1 <i>Coach Ryan</i>	MWF	5:45 - 6:30	Dryland
	M-F	6:30 - 8:15	Swim
	Sat	7:00 - 10:00	Dryland & Swim
Age Group 2 <i>Coach Beau</i>	T & Th	5:45 - 6:15 PM	Dryland
	M-F	6:15 - 7:45 PM	Swim
	Sat	8:30 - 10:30 AM	Dryland & Swim
Age Group Dev. <i>Coach Emily</i>	M-Th	6:45 - 7:30 PM	Dryland
	M-Th	7:30 - 9:00 PM	Swim
	F	5:00 - 6:30 PM	Swim
	Sat	8:30 - 10:30 AM	Dryland & Swim
Age Group 3 <i>Coach Nancy</i>	M-F	5:45 - 6:05 PM	Dryland
	M-F	6:05 - 7:30 PM	Swim
	Sat	8:30 - 10:30 AM	Dryland & Swim
Gold <i>Coach Nancy</i>	M-F	3:15 - 4:15 PM	Swim
	M-F	4:15 - 5:15 PM	Swim
Green <i>Coach Beau</i>	M-F	3:15 - 4:05 PM	Swim
	M-F	5:15 - 6:05 PM	Swim