

2009-2010 WOW Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Senior Advanced</i>	6:15-8:30pm	5:45-7:15am 6:15-8:30pm	6:15-8:30pm	5:45-7:15am 6:15-8:30pm	6:15-8:30pm	6-7:45am
<i>Senior I</i>	X	5:45-7:15am 6:15-8:15pm	X	6:15-8:15pm	6:45-8:30pm	6-7:45am
<i>Senior II</i>	X	7-8:30pm	X	7-8:30pm	6:45-8:15pm	6-7:45am
<i>Gold</i>	6:15-8:15pm	5:45-7:15am* 6:15-8:15pm	6:15-8:15pm	6:15-8:15pm	6:15-8:15pm	6-7:45am
<i>Silver</i>	6:15-8pm	X	6:15-8pm	5:45-7:15am* X	6:15-8pm	6-7:45am
<i>Bronze</i>	6:15-7:45pm	X	6:15-7:45pm	X	6:15-7:45pm	6:15-7:45am**
<i>Copper</i>	7:30-8:30pm	6:15-7:30pm	X	6:15-7:30pm	X	X
<i>Wavers</i>	3:15-4pm YWCA	X	3:15-4pm YWCA	X	3:15-4pm YWCA	X

**Only offered Nov-Jan for 11 & Up swimmers with 90% attendance.*

***Offered Nov-Feb for all Bronze swimmers.*

ALL PRACTICES @ UNCW unless otherwise noted.