

# South Shore YMCA Strypers Swim Team

## Short Course 2009-2010

Subject to change

### Practice Schedule

#### Mill Pond Branch

|                     |  |  |
|---------------------|--|--|
| <b>Mini Group</b>   | Monday & Wednesday<br>Saturday   | 4:30-5:30pm<br>12:45-1:45pm                              |
| <b>Gold Group</b>   | Monday, Wednesday<br>& Friday<br>Saturday                                  | 4:00-5:00pm<br>12:45-1:45pm                              |
| <b>Age Group II</b> | Monday & Wednesday<br>Saturday   | 5:00-6:30pm<br>9:00-10:30am                              |
| <b>Age Group I</b>  | Monday & Wednesday<br>Tuesday & Thursday<br>Saturday                       | 5:00-6:30pm<br>5:00-7:00pm<br>6:30-8:30am                |
| <b>Senior II</b>    | Monday & Wednesday<br>Tuesday & Thursday<br>Friday<br>Saturday (in Quincy) | 6:00-8:00pm<br>5:00-7:00pm<br>5:30-7:30pm<br>6:30-8:30am |
| <b>Senior I</b>     | Monday & Wednesday<br>Tuesday & Thursday<br>Friday<br>Saturday (in Quincy) | 6:00-8:00pm<br>5:00-7:00pm<br>5:30-7:30pm<br>6:30-8:30am |

#### Quincy Branch

|                     |   |  |
|---------------------|---|--|
| <b>Mini Group</b>   | Tuesday & Thursday<br>Saturday                                  | 4:00-5:00pm<br>12:15 – 1:15pm                            |
| <b>Gold Group</b>   | Monday, Wednesday<br>& Friday<br>Saturday                       | 5:00-6:00pm<br>12:15-1:15pm                              |
| <b>Jr Age Group</b> | Monday, Wednesday<br>& Friday<br>Saturday                       | 5:00-6:00pm<br>12:15-1:15pm                              |
| <b>Age Group</b>    | Monday<br>Tuesday<br>Wednesday & Friday<br>Saturday             | 6:00-8:00pm<br>5:00-6:00pm<br>6:00-8:00pm<br>6:30-8:30am |
| <b>Senior II</b>    | Monday & Wednesday<br>Tuesday & Thursday<br>Friday<br>Saturday  | 6:00-8:00pm<br>5:00-7:00pm<br>6:00-8:00pm<br>6:30-8:30am |
| <b>Senior I</b>     | Monday, Wednesday &<br>Friday<br>Tuesday & Thursday<br>Saturday | 6:00-8:00pm<br>5:00-7:00pm<br>6:30-8:30am                |

#### **National Focus Group**

|                               |                         |
|-------------------------------|-------------------------|
| Monday, Tuesday &<br>Thursday | 5:30-6:30am (Quincy)    |
| Monday                        | 6:00-8:00pm (Quincy)    |
| Tuesday & Thursday            | 5:00-7:00pm (Quincy)    |
| Wednesday                     | 6:00-8:00pm (Mill Pond) |
| Friday                        | 5:30-7:30pm (Mill Pond) |
| Saturday                      | 6:30-8:30am (Quincy)    |

Revised 9/8/09 11am