



2009-2010 Short Course Workout Schedule

Gold 1

Monday, Friday	5:30 – 7:00 am*
Tuesday & Thursday	6:15 – 7:00 am*
Monday thru Friday	3:15 – 5:15 pm
Saturday	9:30 – 11:00 am*

Gold 2

Monday thru Friday	3:30 – 5:00 pm
Saturday	9:30 – 11:00 am*

Silver 1

Monday thru Thursday	3:45-5:15 pm
Or Mon, Tue, Thur,	6:00-7:15 pm
Friday	3:45-5:15 pm
Saturday	9:45 – 11:00 am*

Silver 2

Monday, Tuesday, Thursday	6:00 – 7:15 pm
Saturday	9:45-11:00 am*

Silver 3

Monday thru Thursday	3:00-4:00 pm
Saturday	10:00-11:00 am*

Bronze

Monday, Tuesday, Thursday	6:00 – 7:00 pm
Saturday	10:00 – 11:00 am*

* when scheduled

Please be sure to call the Splash Club information line (661-SWIM)
for daily updates, changes, and information.