

## NEW! 2009 Dolphins Swim Team Practice Schedule

### EARLY SEASON SCHEDULE

**JUNE 01 - JUNE 18 ONLY**

#### SCHEDULE BY AGE GROUP

	Developmental Swimmers	6 & Under	8 & Under	9 & 10	11 & 12	13 & over
Monday	6:00-7:00 pm	6:00-7:00 pm	6:00-7:00 pm	7:00-8:00 pm	7:15-8:30 pm	8:00-9:15 pm
Tuesday	<i>no practice</i>	<i>no practice</i>	6:00-7:00 pm	7:00-8:00 pm	7:15-8:30 pm	8:00-9:15 pm
Wednesday	6:00-7:00 pm	6:00-7:00 pm	6:00-7:00 pm	7:00-8:00 pm	7:15-8:30 pm	8:00-9:15 pm
Thursday	<i>no practice</i>	<i>no practice</i>	6:00-7:00 pm	7:00-8:00 pm	7:15-8:30 pm	8:00-9:15 pm
Friday	<b><i>no practice</i></b>					
<b>SAT, 06/06 ONLY</b>	<i>no practice</i>	8:00-8:45 am	8:00-8:45 am	8:45-9:30 am	9:30-10:30 am	10:00-11:00 am
<b>SAT, 06/13 ONLY</b>	<b>TIME TRIALS - ALL Swimmers 07:00-11:30 am</b>					

#### PRACTICE TIME DETAILS

		ARRIVE	Well/Deck	Pool	END				
Mon & Wed ONLY	DS/6 & under	6:00 pm	all pool time		7:00 pm				
MON thru THURS <i>evenings</i>	8 & under	6:00 pm			all pool time		7:00 pm		
	9 & 10	7:00 pm	all pool time				8:00 pm		
	11 & 12	7:15 pm					7:15-7:30 pm	7:30-8:30 pm	8:30 pm
	13 & over	8:00 pm					8:00-8:15 pm	8:15-9:15 pm	9:15 pm
SATURDAY <i>morning</i> 06/06 ONLY	8 & under	8:00 am			all pool time		8:45 am		
	9 & 10	8:45 am	all pool time				9:30 am		
	11 & 12	9:30 am					all pool time		10:30 am
	13 & over	10:00 am							all pool time
SATURDAY <i>morning</i> 06/13 ONLY	ALL Swimmers	07:00 am			<b>TIME TRIALS</b>	11:30 am			

NOTES: Practice schedules may vary for individual swimmers based on coaches' assessments.  
Practice times for age groups may change to adjust to numbers of swimmers in each group.

## REGULAR SEASON SCHEDULE

**JUNE 22 THROUGH JULY 23**

### SCHEDULE BY AGE GROUP

	Developmental Swimmers	6 & Under	8 & Under	9 & 10	11 & 12	13 & over
Monday	6:00-7:00 pm	6:00-7:00 pm	6:00-7:00 pm	7:00-8:00 pm	7:15-8:30 pm	8:00-9:15 pm
Tuesday	<i>no practice</i>	<i>no practice</i>	6:00-7:00 pm	8:00-8:45 pm	8:00-9:00 pm	8:15-9:15 pm
Wednesday	6:00-7:00 pm	6:00-7:00 pm	6:00-7:00 pm	7:00-8:00 pm	7:15-8:30 pm	8:00-9:15 pm
Thursday	<i>no practice</i>	<i>no practice</i>	6:00-7:00 pm	8:00-8:45 pm	8:00-9:00 pm	8:15-9:15 pm
Friday	<i>no practice</i>					
Saturday	<i>no practice due to MEETS</i>					

### PRACTICE TIME DETAILS

		ARRIVE	Well/Deck	Pool	END
<b>MON &amp; WED</b>	DS/6 & under	6:00 pm	all pool time		7:00 pm
	8 & under	6:00 pm			7:00 pm
	9 & 10	7:00 pm			8:00 pm
	11 & 12	7:15 pm	7:15-7:30 pm	7:30-8:30 pm	8:30 pm
	13 & over	8:00 pm	8:00-8:15 pm	8:15-9:15 pm	9:15 pm
<b>TUES &amp; THURS</b>	8 & under	6:00 pm	all pool time		7:00 pm
	9 & 10	8:00 pm	8:30-8:45 pm	8:00-8:30 pm	8:45 pm
	11 & 12	8:00 pm	8:00-8:15 pm	8:15-9:00 pm	9:00 pm
	13 & over	8:15 pm	8:15-8:30 pm	8:30-9:15 pm	9:15 pm

NOTES: Practice schedules may vary for individual swimmers based on coaches' assessments.  
Practice times for age groups may change to adjust to numbers of swimmers in each group.