

Full Schedule
starts on June 7th

YSSC Long Course 2010 Schedule

Full Schedule
starts on June 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1	6:30-8:30am - Swim	6:30-8:30am - Swim	6:00-8:30am - Swim	6:30-8:30am - Swim	6:30-8:30am - Swim	6:00-8:30am - Swim
	2:00-3:00pm - Dryland	2:00-4:15pm - Swim	8:30-10:00am - Dryland	2:00-4:15pm - Swim	2:00-4:15pm - Swim	8:30-10:00am - Dryland
	3:00-5:00pm - Swim					
Senior 2	6:30-8:30am - Swim	6:30-8:30am - Swim	6:30-8:30am - Swim	6:30-8:30am - Swim	6:30-8:30am - Swim	6:00-8:30am - Swim
	2:30-4:00pm - Swim		3:00-4:00pm - Dryland		2:30-4:00pm - Swim	
	4:00-5:00pm - Dryland		4:00-5:30pm - Swim		4:00-5:00pm - Dryland	
Pre-Senior	8:30-10:30am - Swim	8:30-10:30am - Swim	8:30-10:30am - Swim	8:30-10:30am - Swim	8:30-10:30am - Swim	8:30-10:30am - Swim
	2:30-4:00pm - Swim		3:00-4:00pm - Dryland		2:30-4:00pm - Swim	
	4:00-5:00pm - Dryland		4:00-5:30pm - Swim		4:00-5:00pm - Dryland	
Senior 3	6:15-8:15pm - Swim	NO TUES WORKOUT	6:15-8:15pm - Swim	NO THURS WORKOUT	6:15-8:15pm - Swim	10:30-12:30pm - Swim
	Be Ready for Dryland		Be Ready for Dryland		Be Ready for Dryland	
Yellow	8:30-10:30am - Swim	8:30-10:30am - Swim	8:30-10:30am - Swim	8:30-10:30am - Swim	OFF	8:30-10:30am - Swim
	3:00-4:00pm - Dryland		3:00-4:00pm - Dryland		3:00-4:00pm - Dryland	
	4:00-5:30pm - Swim		4:00-5:30pm - Swim		4:00-5:30pm - Swim	
Purple	10:30-12:30pm - Swim	8:30-10:30am - Swim	10:30-12:30pm - Swim	8:30-10:30am - Swim	NO FRI WORKOUT	8:30-10:30am - Swim
	Be Ready for Dryland		Be Ready for Dryland			
Blue	10:30-12:30pm - Swim	10:30-12:30pm - Swim	10:30-12:30pm - Swim	10:30-12:30pm - Swim	10:30-12:30pm - Swim	10:30-12:30pm - Swim
	Be Ready for Dryland		Be Ready for Dryland		Be Ready for Dryland	
Red	10:30-12:30pm - Swim	10:30-12:30pm - Swim	10:30-12:30pm - Swim	10:30-12:30pm - Swim	10:30-12:30pm - Swim	10:30-12:30pm - Swim
	Be Ready for Dryland		Be Ready for Dryland		Be Ready for Dryland	
Green	9:00-10:30am - Swim	9:00-10:30am - Swim	9:00-10:30am - Swim	9:00-10:30am - Swim	9:00-10:30am - Swim	10:30-12:30pm - Swim
	Be Ready for Dryland		Be Ready for Dryland		Be Ready for Dryland	
YSL	12:00-1:00pm - Swim	12:00-1:00pm - Swim	12:00-1:00pm - Swim			

The Saturday Schedule starts on April 24th!