

TEAM SANTA MONICA SWIMMING  
 CULVER CITY PLUNGE PRACTICE SCHEDULES  
 WINTER/SPRING 2010

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red	4-5pm	4-5pm	4-5pm	4-5pm	4-5pm		
Blue 2	4-6pm	4-6pm	4-6pm	4-6pm	4-6pm	8-11a*	
SD Chris	5-7pm	4-6pm	5-7pm	4-6pm	5-7pm	8-11a*	
SD Tim	4-6pm	4-6pm	4-6pm	4-6pm	4-6pm	8-11a*	
Sr	4-6:30pm	4-6:30pm	4-6:30pm	4-6:30pm	4-6:30pm	7-10a**	8-10a***

\* Groups attending practice on Saturdays do dryland from 8-9am

\*\* The Sr. group will do dryland on Saturdays from 9-10am

\*\*\* Sunday workouts will begin 2.13.10