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| **Western Wahoos Swim Team Schedule Spring 2019** **4/08-5/18** |
| Facility: | Indoor Pool | Bubble Pool |  |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Green |  | 6:35-7:20 |  | 6:35-7:20 |  | 11-11:45 |
| Bronze |  | 5:00-6:15 |  | 5:00-6:15 |  | 10:00-11:00 |
| Silver | 5:00-6:15 |  | 5:00-6:15 | 5:00-6:15 | 6:00-7:15 | 10:00-11:15 (LCSwimmers Only) |
| Gold | 5:00-6:30 | 5:00-6:30 | 5:00-6:30 | 5:00-6:30 |  | 8:00-10:00 (LCSwimmers Only) |
| Advanced | 6-8:30 | 6-8:30 | 6-8:30 | 6-8:30 | 4:00-6:00 | 8:00-10:00 (LCSwimmers Only) |
| National | 6-8:30 | 6-8:30 | 6-8:30 | 6-8:30 | 4:00-6:00 | 8:00-10:30 |

LC = Long Course

Please email Coach Ryan or Coach Tom if you have additional questions about the long course program.