

New South Swimming

2010/11 Short Course Training Schedule

This schedule is subject to changes. MCAC = Meck Co Aquatic Center// CCS = Char Christian// JCC = Jewish Com Center

Bronze Team: 4 practices offered; swimmers should come to 3 per week

Mon 5:15–6:15 at CCS
Tues 4:30–5:30 at MCAC
Wed 5:45–6:45 at CCS
Sat 8:45–9:45 at CCS

Silver Team: Mon 6:15–7:45 at CCS
Wed 6:45–8:15 at CCS
Thur 6:15–7:45 at MCAC
Sat 10:15–12:00 at MCAC

Gold Team: Mon 4:30–6:00 at MCAC
Tue 6:15–8:00 at MCAC
Wed 6:15–7:45 at MCAC
Thur 4:30–6:15 at MCAC
Sat 10:15–12:00 at MCAC

Pre II Team: Mon 6:30–8:00 at MCAC
Wed 4:30–6:00 at MCAC
Fri 4:15–6:00 at CCS
Sat 9:15–10:45 at MCAC

Pre I Team: Mon 6:15–8:00 at MCAC
Tue 5:45–8:00 with dryland at MCAC
Wed 6:15–8:00 at MCAC
Thur 4:00–6:15 with dryland at MCAC
Fri 4:30–6:15 at MCAC
Sat 8:30–10:30 at CCS

Senior Team: Mon 3:30–6:30 with dryland at MCAC
Tue 4–6 all at MCAC
Wed 3:30–6:30 with dryland at MCAC
Thur 6:15–8:15 at JCC
Fri 3:30–5:30 at MCAC
Sat 8:00–11:15 with dryland at MCAC