

South Bay Aquatic Club Practice Schedule

Effective 9/8/2008

Group	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior / Elite Training	25 yd.	3:45 - 6:30 pm	3:45 - 6:30 pm	3:45 - 6:30 pm	3:45 - 6:30 pm	3:45 - 6:00 pm	Begins Oct. 11
Pre-Senior Training	25 yd.	3:45 - 6:00 pm	3:45 - 6:00 pm	3:45 - 6:00 pm	3:45 - 6:00 pm	3:45 - 6:00 pm	
Varsity Training	25 yd.	3:45 - 5:30 pm	3:45 - 5:30 pm	3:45 - 5:30 pm	3:45 - 5:30 pm	3:45 - 5:30 pm	
Age Group Advanced	25 yd.	5:00 - 7:00 pm	5:00 - 7:00 pm	5:00 - 7:00 pm	5:00 - 7:00 pm	5:00 - 7:00 pm	
Age Group Development	Deep 25 yd.	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	
Age Group Instructional	Deep	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm		
Stroke Team M - W or T - Th	Deep 25 yd.	5:35 - 6:15 pm	5:35 - 6:15 pm	5:35 - 6:15 pm	5:35 - 6:15 pm		
Stroke Team M - W or T - Th	Deep 25 yd.	6:15 - 7:00 pm	6:15 - 7:00 pm	6:15 - 7:00 pm	6:15 - 7:00 pm		
Friday Lessons	Deep	4:00	4:30	5:00	5:30		
Saturday Lessons	25 yd. / Deep	10:00	10:30	11:00	11:30	12:00	12:30