



CBS Bluefins Swim Club
2011-2012

PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRE-COMPETITIVE (BLUE)							
AM-SWIM						8:00-9:00	
PM-SWIM	6:00-7:00			6:00-7:00			
PRE-COMPETITIVE (YELLOW)							
AM-SWIM						8:00-9:00	
PM-SWIM	7:00-8:00			7:00-8:00			
COMPETITIVE SQUAD 1							
AM-SWIM						8:00-9:00	11:00-12:00
PM-SWIM	6:00-7:00			6:00-7:00			
<i>Dry-Land</i>	<i>7:00-8:00</i>						
COMPETITIVE SQUAD 2							
AM-SWIM						6:30-8:00	10:00-11:00
PM-SWIM	7:00-8:00		6:00-8:00	7:00-8:00			
<i>Dry-Land</i>	<i>6:00-7:00</i>						
COMPETITIVE SQUAD 3							
AM-SWIM	5:30-7:00					6:30-8:00	10:00-12:00
PM-SWIM			6:00-8:00	6:00-7:00			
<i>Dry-Land</i>				<i>7:00-8:00</i>			
COMPETITIVE SQUAD 4							
AM-SWIM	5:30-7:00		5:30-7:00			6:30-8:00	10:00-12:00
PM-SWIM	6:00-8:00			6:00-7:00			
<i>Dry-Land</i>				<i>7:00-8:00</i>			
COMPETITIVE SQUAD 5							
AM-SWIM	5:30-7:00		5:30-7:00	5:30-7:00		6:30-8:00	10:00-12:00
PM-SWIM			6:00-8:00	7:00-8:00			
<i>Dry-Land</i>				<i>6:00-7:00</i>		<i>8:15-9:00</i>	
COMPETITIVE SQUAD 6							
AM-SWIM	5:30-7:00		5:30-7:00	5:30-7:00		6:30-8:00	11:00-1:00
PM-SWIM	6:00-8:00		6:00-8:00	7:00-8:00			
<i>Dry-Land</i>				<i>6:00-7:00</i>		<i>8:15-9:00</i>	<i>10:00-11:00</i>

NOTE

*Practice schedule and group rosters are subject to change