

# Start Up Schedule For Tide Swimmers 2012 - 2011

## ***Might Sharks***

<b>Day</b>	<b>Session</b>	<b>12, 19, and 26 Sep</b>	<b>3 Oct</b>	<b>10 Oct</b>	<b>17 Oct to Dec 12</b>
Monday <small>may change to Tues 4:30 - 5:15</small>	PM 4 to 4:45pm	Practice	Practice	No Practice	Practice
Wednesday	PM 5:15 to 6pm	Practice	Practice	Practice	Practice
Friday	PM 4:30 to 5:15pm	Practice	Practice	Practice	Practice

## ***Junior B***

<b>Day</b>	<b>Session</b>	<b>12, 19, and 26 Sep</b>	<b>3 Oct</b>	<b>10 Oct</b>	<b>17 Oct to Dec 12</b>
Monday	PM 4:30 to 5:30pm	Practice	Practice	No Practice	Practice
Wednesday	PM 6 to 7pm	Practice	Practice	Practice	Practice
Friday	PM 4:30 to 5:30pm	Practice	Practice	Practice	Practice

## ***Junior A***

<b>Day</b>	<b>Session</b>	<b>12-Sep</b>	<b>19-Sep</b>	<b>26-Sep</b>	<b>3-Oct</b>	<b>10 Oct</b>	<b>17 Oct to Dec 12</b>
Monday	PM 4:30 to 6pm	Practice	Practice	Practice	Practice	No Practice	Practice
Tuesday	PM 4:15 to 6pm	No Practice	Practice	Practice	Practice	Practice	Practice
Wednesday	AM 6:15 to 7:45am	No Practice	No Practice	No Practice	Practice	Practice	Practice
	PM 6 to 7:30pm	Practice	Practice	Practice	Practice	Practice	Practice
Thursday	PM 4:30 to 6pm	Practice	Practice	Practice	Practice	Practice	Practice
Friday	PM 4:30 to 6pm	Practice	Practice	Practice	Practice	Practice	Practice
Saturday	AM 7 to 8:30am	No Practice	No Practice	Practice	Practice	Practice	Practice

## **Note**

Swimmers are expected to be on deck ready to swim **15 minutes** prior to practice.

## Seniors

Day	Session	12-Sep	19-Sep	26-Sep	3-Oct	10 Oct	17 Oct to Dec 12
Monday	AM 6:15 to 7:45am	No Practice	Practice	Practice	Practice	No Practice	Practice
	PM 4:45 to 6pm	No Practice	No Practice	Practice	Practice	No Practice	Practice
Tuesday	PM 4:15 to 6pm	Practice	Practice	Practice	Practice	Practice	Practice
Wednesday	AM 6:15 to 7:45am	No Practice	No Practice	Practice	Practice	Practice	Practice
	PM 4:30 to 6pm	Practice	Practice	Practice	Practice	Practice	Practice
Thursday	PM 4:30 to 6pm	Practice	Practice	Practice	Practice	Practice	Practice
Friday	AM 6:15 to 7:45am	Practice	Practice	Practice	Practice	Practice	Practice
	PM - Gym 4:15 to 5pm	Practice	No Practice	Practice	Practice	Practice	Practice
	PM - Pool 5:15 to 6pm	Practice	No Practice	Practice	Practice	Practice	Practice
Saturday	AM 6:15 to 8:15am	Practice	Practice	Practice	No Practice	Practice	Practice

## Note

Swimmers are expected to be on deck ready to swim **15 minutes** prior to practice.