



## 2011-2012 Short Course Practice Schedule



This practice schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pre-Team**</b>	5:30-6:15pm		5:30-6:15pm			8:15-9:00am
<b>8 &amp; Under</b>	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	11am-12:15*
<b>9 &amp; 10</b>	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	4:00-5:30pm	11am-12:30*
<b>11 &amp; 12 Dryland</b>		5:30-6:15pm		5:30-6:15pm	5:30-6:15pm	
<b>11 &amp; 12 Swim</b>	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	11am-12:30*
<b>Senior Dryland</b>	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	4:30-5:30pm	
<b>Senior Swim</b>	6:15-8:15pm	6:15-8:00pm	6:15-8:15pm	6:15-8:00pm	5:30-7:00pm	7:00-9:00am
<b>National Dryland</b>	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	4:30-5:30pm	
<b>National Swim</b>	6:00-8:15pm	6:00-8:00pm	6:00-8:15pm	6:00-8:00pm	5:30-7:00pm	7:00-9:00am

\* on Saturday practice indicates that we will move these practices to an earlier time when WHS is not offering Swimming Lessons (times will start 2 hours earlier)

As of 8/31/09

**Dryland practice will start Monday September 19th**

**\*\*Pre Team Practices will begin on October 17th\*\***

All Swimmers must bring a Water bottle, and a pair of Fins to practice everyday. Senior and National swimmers must bring their equipment bag to every practice.

Saturday practices will be cancelled when there is a Meet.

Westmont Swim Club is now a proud NIKE Sponsored Swim Team