

2008-2009 Short Course Practice Schedule

This practice schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Team	5:00-5:45pm			5:00-5:45pm		8:15-9:00am
8 & Under	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	11am-12:15
9 & 10	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	4:00-5:30pm	11am-12:30
11 & 12 Dryland		5:30-6:15pm	5:30-6:15pm		5:30-6:15pm	
11 & 12 Swim	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	11am-12:30
Senior Dryland	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	4:30-5:30pm	
Senior Swim	6:15-8:15pm	6:15-8:00pm	6:15-8:15pm	6:15-8:00pm	5:30-7:00pm	7:00-9:00am
Senior AM Swim		5:00-6:30am			5:00-6:30am	
Sectional Dryland	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	4:30-5:30pm	
Sectional Swim	6:00-8:15pm	6:00-8:00pm	6:00-8:15pm	6:00-8:00pm	5:30-7:00pm	7:00-9:00am
Sectional AM Swim		5:00-6:30am			5:00-6:30am	

As of 8/1/08

Morning Practice for Senior and Sectional swimmers will begin the first week of October Dryland practice will start up the second week of swimming

All Swimmers must bring a Water bottle, and a pair of Fins to practice everyday. Senior and Sectional swimmers are also required to have a pull buoy and paddles with them also.

Saturday practices will be cancelled when there is a Meet, also Friday morning practice will be moved to Thursday morning.



Westmont Swim Club is now a proud NIKE Sponsored Swim Team