

2009 Long Course Summer Practice Schedule

Monday, June 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 and U Westmont AM					8-9:00 am		
8 and U Westmont PM	4:00-5:00 pm	4:00-5:00 pm	4:00-5:00 pm	4:00-5:00 pm			

9 - 10 Westmont AM					8-9:15 am	Hins 9:30-11 am	
9 - 10 Westmont PM	4-5:15 pm	4-5:15 pm	4-5:15 pm	4-5:15 pm			

11 and 12 Group

Westmont AM		7:30-9 am		7:30-9 am	8-9:30 am	Hins 9:30-11 am	Hins 9:30-11 am
Westmont PM	4-5:30 pm	4-5:30 pm	4-5:30 pm	4-5:30 pm			

Sectional and Senior Groups

Swim AM Westmont	6:30-8:30 am	6:00-8 am	6:30-8:30 am	6:00-8 am	6-8 am	Hins 8-11 am	Hins 8-11 am
Dryland Westmont	4-5:15 pm	4:15-5 pm	4:30-5:15 pm	4:15-5 pm			
Swim PM Westmont	5:15-7:15 pm	5-7 pm	5:15-7:15 pm	5-7 pm			

Don't forget to bring your water bottles, (kick boards) and fins to practice!

There will be no Saturday or Sunday practices on days of a meet, unless notified otherwise!