

National/Senior Group

Summer 2009

STARTS MAY 27, 2009

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	6:30-8:30 am Eastridge		6:30-8:30 am Eastridge		TBA
	2:30-4:30 pm Northridge		2:30-4:30 pm Northridge		
4:00-6:00 pm Lowery*		4:00-6:00 pm Lowery*		4:00-6:00 pm Lowery*	

*Swimmers can take team bus to/from Northridge for LC practices

**Swimmers are expected to attend 100% of practices offered

Dryland: Tuesday, Thursday at 4:40-5:30pm, and Saturday TBA