

## Swim Lenoir Practice Schedule- February 11<sup>th</sup>-March 19<sup>th</sup> 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE-3:30-4:00</b> <b>SR. 4-5:45</b> <b>GOLD-4-5:45</b> <b>SILVER-3:45-4:45</b> <b>WHITE 4:45-5:45</b> <b>Silver /White -5:45-6:45</b>	<b>BLUE-3:30-4:00</b> <b>SR. 4-5:45</b> <b>GOLD 4-5:45</b> <b>SILVER-3:45-4:45</b> <b>WHITE-4:45-5:45</b> <b>Silver/White/Red-5:45-6:45</b>	<b>SR. 3:45-5:30</b> <b>GOLD 3:45-5:30</b>	<b>BLUE -3:30-4:00</b> <b>SR. 4-5:45</b> <b>GOLD 4-5:45</b> <b>SILVER-3:45-4:45</b> <b>WHITE-4:45-5:45</b> <b>Silver/White/Red-5:45-6:45</b>	<b>SR. 3:45-5:30</b> <b>GOLD-3:45-5:30</b> <b>SILVER 3:45-4:45</b>

Silver and White groups must pick either the earlier times (3:45 and 4:45 respectively) or the later time (5:45-6:45). Let me know your choice.  
Blue can pick the later 5:45-6:45 time slot on Tues. and Thurs., if necessary.

**No Saturday practices due to meet schedule-**

**Morning workouts- Senior Group**  
**We will hold 4 morning workouts a week**  
**Mon. / Tues. / Wed./ Friday**  
**6:00-7:00 AM**

**No practice (AM and PM) on Feb. 14-15 and Feb. 22 due to Championship meets.**