

LANSDOWNE YMCA MARLINS FALL 2010-2011 PRACTICE SCHEDULE

MONDAY, SEPTEMBER 13 - TUESDAY, DECEMBER 21

<i>GROUP</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
YELLOW	OFF	OFF	OFF	OFF	5:00-6:00 PM	See Meet Schedule	9:00-9:45 AM
RED	OFF	4:00-4:45 PM	OFF	4:00-4:45 PM	OFF		9:00 -9:45 AM
WHITE	OFF	4:45-5:30 PM	OFF	4:45-5:30 PM	5:00-6:00 PM		9:00-9:45 AM
BLUE	6:00-7:00 PM	OFF	6:00-7:00 PM	OFF	7:00-8:00PM		9:45-10:30 AM
SILVER	7:00-8:00 PM DL- 6:00- 6:45 PM	6:00-7:30 PM UPPER DARBY	7:00-8:00 PM DL- 6:00- 6:45 PM	OFF	6:00-7:00PM		10:30- 12:00 Noon
GOLD	6:00-7:00 PM UPPER DARBY	6:30-8:00 PM DL- 5:30- 6:15 PM	** 6:00-7:00 PM UPPER DARBY **	6:30-8:00 PM DL- 5:30- 6:15 PM	OFF		10:30- 12:00 Noon

DL- Dryland Training: Dryland will begin everyday in an assigned room. Please wear sneakers and shorts and bring a towel down.
Any swimmer not dressed appropriately will be asked to change into their swimsuit and wait on the pool deck.

***** The Wednesday night practice for GOLD at Upper Darby will run until November 17,2010 *****

*****DRYLAND TRAINING WILL BEGIN IN OCTOBER*****