



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**LANSDOWNE YMCA MARLINS  
FALL 2011-2012 PRACTICE SCHEDULE  
SEPTEMBER 12–DECEMBER 23**

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

**DRYLAND TRAINING WILL BEGIN IN OCTOBER**