


DECEMBER 2009 / JANUARY 2010

RAYS SWIMMING PRACTICE SCHEDULE OVER HOLIDAY BREAK

SUN	MON	TUE	WED	THU	FRI	SAT
13 Regular Schedule	14 Regular Schedule	15 Regular Schedule	16 Regular Schedule	17 Regular Schedule	18 Regular Schedule	19 Regular Schedule See YMCA Dual Meet Schedule
20 NO Practice at RHS Winterfest Q Meet at RHS	21 Regular Schedule 	22 Regular Schedule	23 Regular Schedule for Senior Group Levels 4&5 from 7-8PM at the YMCA 8 & unders— 4:00-5:00PM and 9 & overs— 5:00-6:00PM at the YMCA for Butterfly Day	24 Levels 5 and Senior Group practice at YMCA from 9:00- 11:30AM	25 MERRY CHRISTMAS	26 Practice is from 9:00-12:00 for Level 5 and Senior Group at RHS
27 Regular Schedule Winterblast at Pottstown YMCA Regular Schedule 3	28 Level 5 and Sen- ior Group prac- tice at RHS from 9AM-10:30AM & Noon-2:00PM 8 & unders— 4:00-5:00PM and 9 & overs— 5:00-6:00PM at the YMCA for Breaststroke Day	29 Level 5 and Sen- ior Group prac- tice at RHS from 7:30AM-9AM & 10:30AM-Noon Levels 3&4— 4:00-5:30PM at the YMCA	30 Level 5 and Sen- ior Group prac- tice at RHS from 9AM-10:30AM & Noon-2:00PM 8 & unders— 4:00-5:00PM and 9 & overs— 5:00-6:00PM at the YMCA for Backstroke Day	31 Level 5 and Sen- ior Group prac- tice at the YMCA from 9:00- 11:30AM	1 OFF HAPPY NEW YEAR	2 Practice is from 11:00AM- 2:00PM for Level 5 and Senior Group at RHS

Y SWIM TEAM™

We build strong kids, strong families, strong communities.