

**RIDLEY AREA YMCA RAYS
PRACTICE SCHEDULE
September 14 - November 22, 2009**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR GROUP	6:30 - 8:30 P.M. Ridley High School	7:30 - 9:00 P.M. 6:30 - 7:20 P.M. Dryland Training	6:30 - 8:30 P.M. Ridley High School	7:30 - 9:00 P.M. 6:30 - 7:20 P.M. Dryland Training	4:00 - 5:15 P.M.	10:00 - 12:00 P.M. Ridley High School	10:00 - 12:00 P.M. Ridley High School
LEVEL 5	7:00-8:00 P.M.	7:30 - 9:00 P.M. Ridley High School	OFF	7:30 - 9:00 P.M. Ridley High School	4:00 - 5:15 P.M.	10:00 - 12:00 P.M. Ridley High School	10:00 - 12:00 P.M. Ridley High School
LEVEL 4	OFF	7:30 - 9:00 P.M. Ridley High School	7:00-8:00 P.M.	7:30 - 9:00 P.M. Ridley High School	5:15 - 6:00 P.M.	OFF	9:00 - 10:00 A.M. Ridley High School
LEVEL 3	OFF	4:00 - 5:30 P.M.	OFF	4:00 - 5:30 P.M.	5:15 - 6:00 P.M.	OFF	9:00 - 10:00 A.M. Ridley High School
LEVEL 2	OFF	6:30 - 7:30 P.M. Ridley High School	OFF	6:30 - 7:30 P.M. Ridley High School	6:00 - 7:00 P.M. Ridley High School	OFF	9:00 - 10:00 A.M. Ridley High School
LEVEL 1	5:15 - 6:00 P.M.	OFF	5:15 - 6:00 P.M.	OFF	5:00 - 6:00 P.M. Ridley High School	OFF	9:00 - 10:00 A.M. Ridley High School
ORANGE GROUP	4:30 - 5:15 P.M.	OFF	4:30 - 5:15 P.M.	OFF	OFF	OFF	OFF
GREEN GROUP	4:00 - 4:30 P.M.	OFF	4:00 - 4:30 P.M.	OFF	OFF	OFF	OFF
Fall Warm-Up**	5:00 - 6:30 P.M. Ridley High School	5:00 - 6:30 P.M. Ridley High School	5:00 - 6:30 P.M. Ridley High School	5:00 - 6:30 P.M. Ridley High School	OFF	OFF	OFF
Developmental Clinic**	4:00 - 5:00 P.M. Ridley High School	OFF	4:00 - 5:00 P.M. Ridley High School	OFF	4:00 - 5:00 P.M. Ridley High School	OFF	OFF

** Programs are ONLY 10 weeks and than they will return in the spring session.