

SENIOR Aquaducks Summer Pool Schedule 2011

	(Week)dates	Mon	Tues	Wed	Thurs	Fri	
May/June							
	(1)2-6 (2)9-13 (3)16-20 (4)23-27 (5) 30-3 (6) 6-10 (7)13-17 (8)20-24	7:15-8:15 5:00-6:30	7:15-8:15 5:00-6:30	7:15-8:15 5:00-6:30	7:15-8:15 5:00-6:30	7:15-8:15 5:00-6:30	
June/July							
	(9)-27-1 (10)4-8 (11)11-15 (12)18-22 (13)25-29	7:15-8:45 5:00-6:30	7:15-8:45 5:00-6:30	7:15-8:45 5:00-6:30	7:15-8:45 5:00-6:30	8:00-9:00 no pm	
August							
	2 nd to 5 th	7:15-8:45 5:00-6:30	7:15-8:45 5:00-6:30	7:15-8:45 5:00-6:30	7:15-8:45 5:00-6:30	8:00-9:00 no pm	

**Please note: Seniors and must arrive at 4:30 pm for dry-land training
 Seniors and must arrive 15 minutes prior to morning practices for stretching
 There will be Saturday morning practices for the first 6 weeks if we don't attend meets....time TBA