



2008-2009 Short Course Practice Schedule, effective September 8th



Pools	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Greenbrier YMCA	5:00am-6:30am AM TAA Nate		5:00am-6:30am AM TAA Nate		5:00am-6:30am AM TAA Nate	8:00am-9:30am AM A Steve & Glenn	
		4:00pm-6:00pm TAA A Mac & Steve		4:00pm-6:00pm TAA A Mac & Steve		8:00am-9:30am AM C Art & Chrissy	3:00pm-5:00pm TAA AC Mac & Nate
	6:00pm-8:00pm AA A Steve & Glenn	6:00pm-8:00pm A Glenn	6:00pm-8:00pm A Steve & Glenn	6:00pm-8:00pm A Glenn	6:00pm-8:00pm AA A Steve & Glenn	9:45am-11:00am AM Lessons Gail & Pam	3:00pm-5:00pm <i>Stroke Clinic</i> Dartfish
	6:00pm-7:30pm C Art	6:00pm-7:30pm C Art & Chrissy	6:00pm-7:30pm C Art	6:00pm-7:30pm C Art & Chrissy	6:00pm-7:30pm C Art		Each Month 1st Sunday - Fly 2nd Sunday - Back 3rd Sunday - Breast 4th Sunday - Free
		6:00pm-7:30pm <i>Lessons</i> Gail & Pam		6:00pm-7:30pm <i>Lessons</i> Gail & Pam			
Virginia Wesleyan	6:00am-7:30am AM TAA M Jim		6:00am-7:30am AM TAA M Jim		6:00am-7:30am AM TAA M Jim	8:00am-11:00am AM TAA M Mac, Nate & Shaun	
		11:00am-12:30pm AM TAA ACM Ricky	11:00am-12:30pm AM TAA ACM Ricky	11:00am-12:30pm AM TAA ACM Ricky		9:30am-11:00am AC Shaun & Ricky	
	6:00pm-8:00pm TAA A Nate & Mac		6:00pm-8:00pm TAA A Nate & Tyler		6:00pm-8:00pm TAA A Nate & Ricky		
Fleet Rec	6:00pm-8:00pm TAA ACM Jim		6:00pm-8:00pm TAA ACM Jim & Betsy		6:00pm-8:00pm TAA ACM Jim		
	6:00pm-7:30pm Open for future Lessons and Clinics		6:00pm-7:30pm Open for future Lessons and Clinics		6:00pm-7:30pm Open for future Lessons and Clinics		
Norfolk State	5:00pm-6:00pm <i>Josh Project</i> Shaun, Betsy & Ricky		<i>Sprint Night</i> Starts, Turns, Finishes, Stroke Work, Drills				
	6:00pm-8:00pm TAA AC Shaun, Doug & Ricky	6:00pm-8:00pm TAA AC Shaun, Nate, & Doug	6:00pm-8:00pm TAA AC Shaun, Doug & Ricky	6:00pm-8:00pm TAA AC Shaun, Nate, & Doug			

T Senior Group

AA Super Age Group

A Age Group

C Developmental Group

Lessons

All swimmers who are not quite ready for regular practices

M All Masters & Triathletes