

## 2009-2010 Short Course Practice Schedule, effective Sep 14th

Pools	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Greenbrier YMCA	5:00am-6:30am <b>AM TAA</b> Nate		5:00am-6:30am <b>AM TAA</b> Nate		5:00am-6:30am <b>AM TAA</b> Nate	8:00am-9:30am <b>AM TAAAC</b> Art, Steve, & Glenn	
		4:30pm-6:30pm <b>TAA</b> Mac		4:30pm-6:30pm <b>TAA</b> Mac		9:30am-11:00am <b>AM Lessons</b> Art & Pam	3:00pm-5:00pm <b>TAAAC</b> Mac, Nate & Ricky
	6:00pm-8:00pm <b>TAAAC</b> Art & Steve	6:15pm-8:00pm <b>TAAAC</b> Art & Glenn	6:00pm-8:00pm <b>TAAAC</b> Art & Steve	6:15pm-8:00pm <b>TAAAC</b> Art & Glenn	6:00pm-8:00pm <b>TAAAC</b> Art & Steve		<b>Stroke Clinic</b> <b>Dartfish</b>
		6:30pm-7:30pm <b>Lessons</b> Pam		6:30pm-7:30pm <b>Lessons</b> Pam			1st Sunday - Fly 2nd Sunday - Back 3rd Sunday - Breast 4th Sunday - Free
Virginia Wesleyan	6:00am-7:30am <b>AM TAAM</b> Mac & Art		6:00am-7:30am <b>AM TAAM</b> Mac & Art		6:00am-7:30am <b>AM TAAM</b> Mac & Art	8:00am-11:00am <b>AM TAAM</b> Mac & Nate	
		10:30am-12:00pm <b>AM TAAACM</b> Ricky	10:30am-12:00pm <b>AM TAAACM</b> Ricky	10:30am-12:00pm <b>AM TAAACM</b> Ricky		9:30am-11:00am <b>AM AC</b> Tyler	
	6:00pm-8:00pm <b>TAAAC</b> Mac, Nate, & Tyler		6:00pm-8:00pm <b>TAAAC</b> Mac, Nate, & Tyler		6:00pm-8:00pm <b>TAAAC</b> Mac, Nate, & Tyler		
Fleet Rec							
	6:00pm-8:00pm <b>TAAACM</b> Glenn & Sam		6:00pm-8:00pm <b>TAAACM</b> Glenn & Sam		6:00pm-8:00pm <b>TAAACM</b> Glenn & Sam		
Norfolk State							
	6:00pm-8:00pm <b>TAAAC</b> Shaun & Pam	6:00pm-8:00pm <b>TAAAC</b> Nate & Steve	6:00pm-8:00pm <b>TAAAC</b> Shaun & Doug	6:00pm-8:00pm <b>TAAAC</b> Nate & Steve			

**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