



# **COAST GUARD BLUE DOLPHINS SWIM TEAM**

## **Practice Schedule (September 2011)**

Group	Main Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blue	MAC		5:45-6:30 pm		5:45-6:30 pm		10:30-11:15 am	
	CG	5:00-5:45 pm Session 2 & 3 only		5:00-5:45 pm Session 2 & 3 only		5:00-5:45 pm Session 2 & 3 only		
	WM		6:00-6:45 pm		6:00-6:45 pm	6:00-6:45 pm		
Gold	MAC		6:30-7:30 pm		6:30-7:30 pm		11:15-12:15 pm	
	CG	5:45-6:45 pm Session 2 & 3 only		5:45-6:45 pm Session 2 & 3 only		5:45-6:45 pm Session 2 & 3 only		
	WM		6:45-7:45 pm		6:45-7:45 pm	6:45-7:45 pm		
Junior	BMAC	5:45-7:15 pm		5:45-7:15 pm		4:45-6:15 pm	10:15-11:45 am	
Age Group	BMAC	5:40-7:30 pm	5:40-7:30 pm	5:40-7:30 pm	5:40-7:30 pm		11:00-1:00 pm <b>MAC</b>	
	WM	5:40-7:30 pm		5:40-7:30 pm	5:40-7:30 pm	5:40-7:30 pm		
Prep	BMAC	4:00-6:15 pm	4:00-6:30 pm	4:00-6:15 pm	4:00-6:30 pm		9:00-11:15 am <b>MAC</b>	
	WM	5:15-7:45 pm	5:30-7:45 pm	5:15-7:45 pm	5:30-7:45 pm			
HS	CG	5:45-7:30 pm	5:45-7:30 pm		5:45-7:30 pm		8:15-10:00 am	
	WM	5:45-7:30 pm	5:45-7:30 pm	5:45-7:30 pm		5:45-7:30 pm		

<b>Senior</b>	FEAC	5:20-8:00 pm	5:40-8:00 pm	5:20-8:00 pm	5:40-8:00 pm	3:40-6:00 pm <b>MAC</b>	6:30-09:00 am <b>FEAC</b>	
<b>National Prep</b>	FEAC	5:00-6:30 am Weights/Swim 3:30-6:15 pm	3:30-6:30 pm	3:30-6:15 pm	5:00-6:30 am Weights/Swim 3:30-6:30 pm	3:30-6:00 pm	6:10-9:00 am Swim  9:00-9:45 am Weights	
<b>National Team</b>	FEAC	5:00-6:30 am weights/swim 3:30-6:30 pm	3:30-6:15 pm	3:30-6:30 pm	5:00-6:30 am weights/swim 3:30-6:15 pm	3:30-6:00 pm		
<b>Masters</b>	FEAC	5:15-7:00 am	5:15-7:00 am	5:15-7:00 am	5:15-7:00 am	5:15-7:00 am		