



PRACTICE SCHEDULE

2011-2012 Fall/Winter Season (Sep 19 – March 8)



Visit www.jetswimteam.org/calendar for the latest practice schedule changes!

*Where dryland is noted, bring proper attire (athletic shoes & clothing appropriate to exercise in)

GROUP	MON	TUE	WED	THU	FRI	SAT
Zeppelin 1	7:00-7:45pm @ Galowich Y		7:00-7:45pm @ Galowich Y			7:30-9:00am @ Smith Y* *Dryland first 30 min
Zeppelin 2	7:45-8:30pm @ Galowich Y		7:45-8:30pm @ Galowich Y			
Glider 1	6:00-7:00pm @ Galowich Y		6:00-7:00pm @ Galowich Y		6:00-7:00pm @ Smith Y	
Glider 2		6:00-7:15pm @ Smith Y* *Dryland last 15 min		6:00-7:15pm @ Smith Y* *Dryland last 15 min	7:00-8:00pm @ Smith Y	
Stunt Pilot 1	6:00-7:15pm @ Smith Y	6:00-7:30pm @ Smith Y *Dryland last 15 min	6:00-7:15pm @ Smith Y	6:00-7:30pm @ Smith Y *Dryland last 15 min		6:30-8:00am @ Smith Y
Stunt Pilot 2	6:45-8:45pm @ Smith Y* *Dryland first 30 min	7:00-8:45pm @ Smith Y *Dryland first 15 min	6:45-8:45pm @ Smith Y* *Dryland first 30 min	7:00-8:45pm @ Smith Y *Dryland first 15 min		6:00-8:30am @ Smith Y *Dryland first 30 min
Mach 1 Supercruisers	6:45-8:45pm @ Smith Y* *Dryland first 30 min	6:45-8:45pm @ Smith Y* *Dryland first 15 min	6:45-8:45pm @ Smith Y* *Dryland first 30 min	6:45-8:45pm @ Smith Y* *Dryland first 15 min	6:00-7:45pm @ Smith Y	6:00-8:30am @ Smith Y* *Dryland first 30 min
Mach 2 Supercruisers	4:00-6:30pm @ Smith Y* *Dryland last 30 min	4:00-6:30pm @ Smith Y* *Dryland last 30 min	4:00-6:30pm @ Smith Y* *Dryland last 30 min	4:00-6:30pm @ Smith Y* *Dryland last 30 min	4:00-6:00pm @ Smith Y	6:00-9:00am @ Smith Y* *Lead groups last 30 min
Moon Landers	5:15-6:15am @ Galowich Y 3:30-5:30pm @ Smith Y	3:30-6:00pm @ Smith Y* *Dryland first 30 min	5:15-6:15am @ Galowich Y 3:30-5:30pm @ Smith Y	3:30-6:00pm @ Smith Y* *Dryland first 30 min	3:30-6:00pm @ Smith Y	6:00-9:00am @ Smith Y* *Lead groups last 30 min