

PRACTICE SCHEDULE

2010-2011 Fall/Winter (Sep 20 – Mar 12)



The following table lists practice times for each group during a normal practice week. In special circumstances when we must make a last-minute, unscheduled practice change, we will post the change on the website calendar, send out an e-mail, and activate the phone tree to inform you.

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

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*
Zeppelin 2	7:45-8:30pm @ Galowich Y		7:45-8:30pm @ Galowich Y			*Come in proper attire for dryland for the first 30 min
Glider 1	6:00-7:00pm @ Galowich Y		6:00-7:00pm @ Galowich Y		7:00-8:00pm @ Smith Y	
Glider 2		4:30-5:30pm @ Smith Y		4:30-5:30pm @ Smith Y	5:30-7:00pm @ Smith Y* *Dryland first 30 min	7:00-8:00am @ Smith Y
Stunt Pilot 1	6:15-7:30pm @ Smith Y	6:00-7:15pm @ Smith Y	6:15-7:30pm @ Smith Y	6:00-7:15pm @ Smith Y		7:30-9:00am @ Smith Y *Dryland first 30 min
Stunt Pilot 2	7:00-9:00pm @ Smith Y* *Dryland first 30 min	5:30-7:00pm @ Smith Y	7:00-9:00pm @ Smith Y* *Dryland first 30 min	5:30-7:00pm @ Smith Y		6:30-8:00am @ Smith Y
Mach 1 Supercruisers	7:00-9:00pm @ Smith Y* *Dryland first 30 min	7:15-9:00pm @ Smith Y	7:00-9:00pm @ Smith Y* *Dryland first 30 min	7:15-9:00pm @ Smith Y	5:30-7:30pm @ Smith Y* *Dryland first 30 min	6:15-9:00am @ Smith Y* *Lead groups last 60 min
Mach 2 Supercruisers	4:15-6:45pm @ Smith Y* *Dryland last 30 min	7:00-9:00pm @ Smith Y* *Dryland first 15 min	4:15-6:45pm @ Smith Y* *Dryland last 30 min	7:00-9:00pm @ Smith Y* *Dryland first 15 min	4:00-6:30pm @ Smith Y* *Dryland last 30 min	6:00-9:00am @ Smith Y* *Lead groups last 60 min
Moon Landers	5:15-6:30am @ Galowich Y 4:15-6:15pm @ Smith Y	6:15-9:00pm @ Smith Y* *Dryland first 45 min	5:15-6:30am @ Galowich Y 4:15-6:15pm @ Smith Y	6:15-9:00pm @ Smith Y* *Dryland first 45 min	4:00-6:30pm @ Smith Y* *Dryland last 30 min	6:00-9:00am @ Smith Y* *Lead groups last 60 min