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**PRACTICE SCHEDULE  
FALL/WINTER 2009-10**

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**FALL SCHEDULE**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Tiny Tops</b>		5:15-6 pm @ YMCA		5:15-6 pm @ YMCA		
<b>Red</b>	5-6 pm @ YMCA		5-6 pm @ YMCA		5-6 pm @ YMCA	
<b>Black</b>	5:30-7 pm @ YMCA		5:30-7 pm @ YMCA		5:30-7 pm @ YMCA	
<b>Swim-4- Fitness</b>	7-8:30pm @ OPRF	7-8:30pm @ OPRF		7-8:30pm @ OPRF		
<b>Bronze</b>		5:30-7 pm @ OPRF	5:30-7 pm @ OPRF	5:30-7 pm @ OPRF	5:30-7 pm @ OPRF	TBA am @ OPRF
<b>Silver</b>	6-7:30pm @ TBD	6-8pm @ OPRF	6-8pm @ OPRF	6-8pm @ OPRF	6-8pm @ OPRF	TBA am @ OPRF
<b>High School</b>	7-8:30pm @ OPRF	7-8:30pm @ OPRF		7-8:30pm @ OPRF		
<b>Gold</b>	5:30-7:30 pm @ OPRF	5:30-7:30 pm @ OPRF	3:30-5:30 pm @ OPRF	5:30-7:30 pm @ OPRF	5:30-7:30 pm @ OPRF	TBA am @ OPRF
<b>National</b>	5:30-7:30 pm @ OPRF	6-7am @ HS 5:30-7:30 pm @ OPRF	3:30-5:30 pm @ OPRF	6-7 am @ HS 5:30-7:30 pm @ OPRF	5:30-7:30 pm @ OPRF	TBA am @ OPRF

**Start Dates**

Silver, Gold & National – August 24, 2009 with modified schedules  
Full Training Schedule begins – September 14, 2009