



## Winter 2008 Team Practice Schedule

**Level 1** - SEE OPPOSITE SIDE (NEXT PAGE) FOR LEVEL 1 SCHEDULE

**Level 2 & 3** - Times as noted below (Up to five days per week)

**Masters** - Times as noted below (Up to five days per week)

UPAC WINTER SESSION 2008 LEVEL 2/3/MASTER PRACTICE SCHEDULE				
<i>Updated 12/28/07</i>				
Watch email for future updates				
MON	TUE	WED	THU	FRI
		Jan. 2 5:00-6:25	Jan. 3 4:30-6:00	Jan. 4 5:00-6:25
Jan. 7 5:00-6:25	Jan. 8 4:30-6:00	Jan. 9 5:00-6:25	Jan. 10 4:30-6:00	Jan. 11 5:00-6:25
Jan. 14 5:00-6:25	Jan. 15 4:30-6:25	Jan. 16 5:00-6:25	Jan. 17 4:30-6:25	Jan. 18 5:00-6:25
Jan. 21 no swim	Jan. 22 4:30-6:25	Jan. 23 5:00-6:25	Jan. 24 no swim	Jan. 25 5:00-6:25
Jan. 28 5:00-6:25	Jan. 29 4:30-6:10	Jan. 30 5:00-6:25	Jan. 31 4:30-6:25	
				Feb. 1 5:00-6:25
Feb. 4 5:00-6:25	Feb. 5 4:30-6:10	Feb. 6 5:00-6:25	Feb. 7 4:30-6:25	Feb. 8 5:00-6:25
Feb. 11 5:00-6:25	Feb. 12 4:30-6:10	Feb. 13 5:00-6:25	Feb. 14 4:30-6:25	Feb. 15 5:00-6:25
Feb. 18 no swim	Feb. 19 no swim	Feb. 20 no swim	Feb. 21 no swim	Feb. 22 no swim
Feb. 25 5:00-6:25	Feb. 26 4:30-6:10	Feb. 27 5:00-6:25	Feb. 28 4:30-6:25	Feb. 29 5:00-6:25
Mar. 3 5:00-6:25	Mar. 4 4:30-6:10	Mar. 5 5:00-6:25	Mar. 6 4:30-6:25	Mar. 7 5:00-6:25
Mar. 10 5:00-6:25	Mar. 11 4:30-6:10	Mar. 12 5:00-6:25	Mar. 13 4:30-6:25	Mar. 14 5:00-6:25
Mar. 17 5:00-6:25	Mar. 18 4:30-6:10	Mar. 19 5:00-6:25	Mar. 20 4:30-6:25	Mar. 21 no swim
Mar. 24 5:00-6:25	Mar. 25 4:30-6:10	Mar. 26 5:00-6:25	Mar. 27 4:30-6:25	Mar. 28 5:00-6:25
Mar. 31 5:00-6:25				

## LEVEL 1 PRACTICE SCHEDULE

- M/W/F 5:25 to 6:25 (Three days per week of practice only)
- Optional Tues./Thur. **ONLY** after making prior arrangements with Coach Tor:
  - last hour of practice i.e. 5:10-6:10 or 5:25-6:25 (depending on practice times below)

<b>UPAC WINTER SESSION 2008 LEVEL 1 PRACTICE SCHEDULE</b>				
<i>Updated 1/8/08</i>				
Watch email for future updates				
MON	TUE- Only w/ prior arrangements	WED	THU- Only w/ prior arrangements	FRI
		Jan. 2 5:25-6:25	Jan. 3 5:00-6:00	Jan. 4 5:25-6:25
Jan. 7 5:25-6:25	Jan. 8 5:00-6:00	Jan. 9 5:25-6:25	Jan. 10 5:00-6:00	Jan. 11 5:25-6:25
Jan. 14 5:25-6:25	Jan. 15 5:25-6:25	Jan. 16 5:25-6:25	Jan. 17 5:25-6:25	Jan. 18 5:25-6:25
Jan. 21 no swim	Jan. 22 5:25-6:25	Jan. 23 5:25-6:25	Jan. 24 no swim	Jan. 25 5:25-6:25
Jan. 28 5:25-6:25	Jan. 29 5:10-6:10	Jan. 30 5:25-6:25	Jan. 31 5:25-6:25	
				Feb. 1 5:25-6:25
Feb. 4 5:25-6:25	Feb. 5 5:10-6:10	Feb. 6 5:25-6:25	Feb. 7 5:25-6:25	Feb. 8 5:25-6:25
Feb. 11 5:25-6:25	Feb. 12 5:10-6:10	Feb. 13 5:25-6:25	Feb. 14 5:25-6:25	Feb. 15 5:25-6:25
Feb. 18 no swim	Feb. 19 no swim	Feb. 20 no swim	Feb. 21 no swim	Feb. 22 no swim
Feb. 25 5:25-6:25	Feb. 26 5:10-6:10	Feb. 27 5:25-6:25	Feb. 28 5:25-6:25	Feb. 29 5:25-6:25
Mar. 3 5:25-6:25	Mar. 4 5:10-6:10	Mar. 5 5:25-6:25	Mar. 6 5:25-6:25	Mar. 7 5:25-6:25
Mar. 10 5:25-6:25	Mar. 11 5:10-6:10	Mar. 12 5:25-6:25	Mar. 13 5:25-6:25	Mar. 14 5:25-6:25
Mar. 17 5:25-6:25	Mar. 18 5:10-6:10	Mar. 19 5:25-6:25	Mar. 20 5:25-6:25	Mar. 21 no swim
Mar. 24 5:25-6:25	Mar. 25 5:10-6:10	Mar. 26 5:25-6:25	Mar. 27 5:25-6:25	Mar. 28 5:25-6:25
Mar. 31 5:25-6:25				