

SUMMER 2010:

LEVEL 1/2/3 PRACTICE SCHEDULE

- up to 5 days per week



UPAC SUMMER SESSION 2010 - TITLOW POOL LEVEL 1/2/3 PRACTICE SCHEDULE				
<i>Updated 6/9/10</i>				
Watch email for future updates				
MON	TUE	WED	THU	FRI
Jun 21 5:30-7:00	Jun 22 5:30-7:00	Jun 23 5:30-7:00	Jun 24 5:30-7:00	Jun 25 NO SWIM
Jun 28 5:30-7:00	Jun 29 5:30-7:00	Jun 30 5:30-7:00		
			Jul 1 5:30-7:00	Jul 2 NO SWIM
Jul 5 5:30-7:00	Jul 6 5:30-7:00	Jul 7 5:30-7:00	Jul 8 5:30-7:00	Jul 9 NO SWIM
Jul 12 5:30-7:00	Jul 13 5:30-7:00	Jul 14 5:30-7:00	Jul 15 5:30-7:00	Jul 16 NO SWIM
Jul 19 5:30-7:00	Jul 20 5:30-7:00	Jul 21 5:30-7:00	Jul 22 5:30-7:00	Jul 23 NO SWIM
Jul 26 5:30-7:00	Jul 27 5:30-7:00	Jul 28 5:30-7:00	Jul 29 5:30-7:00	Jul 30 NO SWIM

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FALL 2010:

LEVEL 2/3 PRACTICE SCHEDULE

- up to 5 days per week



UPAC FALL SESSION 2010 - CLOVER PARK HS LEVEL 2/3 PRACTICE SCHEDULE				
<i>Updated 6/9/10</i>				
Watch email for future updates				
MON	TUE	WED	THU	FRI
	Sep 7 6:45-8:15	Sep 8 6:45-8:15	Sep 9 6:45-8:15	Sep 10 5:30-7:00
Sep 13 6:45-8:15	Sep 14 6:45-8:15	Sep 15 6:45-8:15	Sep 16 6:45-8:15	Sep 17 5:30-7:00
Sep 20 6:45-8:15	Sep 21 6:45-8:15	Sep 22 6:45-8:15	Sep 23 6:45-8:15	Sep 24 5:30-7:00
Sep 27 6:45-8:15	Sep 28 6:45-8:15	Sep 29 6:45-8:15	Sep 30 6:45-8:15	
				Oct 1 5:30-7:00
Oct 4 6:45-8:15	Oct 5 6:45-8:15	Oct 6 6:45-8:15	Oct 7 6:45-8:15	Oct 8 5:30-7:00
Oct 11 6:45-8:15	Oct 12 6:45-8:15	Oct 13 6:45-8:15	Oct 14 6:45-8:15	Oct 15 5:30-7:00
Oct 18 6:45-8:15	Oct 19 6:45-8:15	Oct 20 6:45-8:15	Oct 21 6:45-8:15	Oct 22 5:30-7:00
Oct 25 6:45-8:15	Oct 26 6:45-8:15	Oct 27 6:45-8:15	Oct 28 6:45-8:15	Oct 29 5:30-7:00
Nov 1 6:45-8:15	Nov 2 6:45-8:15	Nov 3 6:45-8:15	Nov 4 6:45-8:15	Nov 5 5:30-7:00
Nov 8 6:45-8:15	Nov 9 6:45-8:15	Nov 10 6:45-8:15	Nov 11 NO SWIM	Nov 12 5:30-7:00
Nov 15 6:45-8:15	Nov 16 6:45-8:15	Nov 17 6:45-8:15	Nov 18 6:45-8:15	Nov 19 5:30-7:00

LEVEL 1 PRACTICE SCHEDULE

- M/W/F: 3 days per week
- Optional T/Th ONLY with Coach's permission



UPAC FALL SESSION 2010 - CLOVER PARK HS LEVEL 1 PRACTICE SCHEDULE				
<i>Updated 6/9/10</i>				
Watch email for future updates				
MON	TUE	WED	THU	FRI
	Sep 7 7:15-8:15	Sep 8 7:15-8:15	Sep 9 7:15-8:15	Sep 10 6:00-7:00
Sep 13 7:15-8:15	Sep 14 7:15-8:15	Sep 15 7:15-8:15	Sep 16 7:15-8:15	Sep 17 6:00-7:00
Sep 20 7:15-8:15	Sep 21 7:15-8:15	Sep 22 7:15-8:15	Sep 23 7:15-8:15	Sep 24 6:00-7:00
Sep 27 7:15-8:15	Sep 28 7:15-8:15	Sep 29 7:15-8:15	Sep 30 7:15-8:15	
				Oct 1 6:00-7:00
Oct 4 7:15-8:15	Oct 5 7:15-8:15	Oct 6 7:15-8:15	Oct 7 7:15-8:15	Oct 8 6:00-7:00
Oct 11 7:15-8:15	Oct 12 7:15-8:15	Oct 13 7:15-8:15	Oct 14 7:15-8:15	Oct 15 6:00-7:00
Oct 18 7:15-8:15	Oct 19 7:15-8:15	Oct 20 7:15-8:15	Oct 21 7:15-8:15	Oct 22 6:00-7:00
Oct 25 7:15-8:15	Oct 26 7:15-8:15	Oct 27 7:15-8:15	Oct 28 7:15-8:15	Oct 29 6:00-7:00
Nov 1 7:15-8:15	Nov 2 7:15-8:15	Nov 3 7:15-8:15	Nov 4 7:15-8:15	Nov 5 6:00-7:00
Nov 8 7:15-8:15	Nov 9 7:15-8:15	Nov 10 7:15-8:15	Nov 11 NO SWIM	Nov 12 6:00-7:00
Nov 15 7:15-8:15	Nov 16 7:15-8:15	Nov 17 7:15-8:15	Nov 18 7:15-8:15	Nov 19 6:00-7:00