

LEVEL 2/3 PRACTICE SCHEDULE

- up to 5 days per week (dryland 1st 1/2 hr)



UPAC WINTER SESSION 2010 LEVEL 2/3 PRACTICE SCHEDULE

Updated 12/10/09

Watch email for future updates

MON	TUE	WED	THU	FRI
Jan 4 5:00-6:30	Jan 5 4:30-6:00	Jan 6 5:00-6:30	Jan 7 4:30-6:00	Jan 8 5:00-6:30
Jan 11 5:00-6:30	Jan 12 4:30-6:00	Jan 13 5:00-6:30	Jan 14 4:30-6:00	Jan 15 5:00-6:30
Jan 18 no swim	Jan 19 4:30-6:00	Jan 20 5:00-6:30	Jan 21 4:30-6:00	Jan 22 5:00-6:30
Jan 25 5:00-6:30	Jan 26 4:30-6:00	Jan 27 5:00-6:30	Jan 28 no swim	Jan 29 5:00-6:30
Feb 1 5:00-6:30	Feb 2 4:30-6:00	Feb 3 5:00-6:30	Feb 4 4:30-6:00	Feb 5 5:00-6:30
Feb 8 5:00-6:30	Feb 9 4:30-6:00	Feb 10 5:00-6:30	Feb 11 4:30-6:00	Feb 12 5:00-6:30
Feb 15 no swim	Feb 16 4:30-6:00	Feb 17 5:00-6:30	Feb 18 4:30-6:00	Feb 19 5:00-6:30
Feb 22 5:00-6:30	Feb 23 4:30-6:00	Feb 24 5:00-6:30	Feb 25 4:30-6:00	Feb 26 5:00-6:30
Mar 1 5:00-6:30	Mar 2 4:30-6:00	Mar 3 5:00-6:30	Mar 4 4:30-6:00	Mar 5 5:00-6:30
Mar 8 5:00-6:30	Mar 9 4:30-6:00	Mar 10 5:00-6:30	Mar 11 4:30-6:00	Mar 12 5:00-6:30
Mar 15 5:00-6:30	Mar 16 4:30-6:00	Mar 17 5:00-6:30	Mar 18 4:30-6:00	Mar 19 5:00-6:30
Mar 22 5:00-6:30	Mar 23 4:30-6:00	Mar 24 5:00-6:30	Mar 25 4:30-6:00	Mar 26 5:00-6:30
Mar 29 5:00-6:30	Mar 30 4:30-6:00	Mar 31 5:00-6:30		
			Apr 1 4:30-6:00	Apr 2 5:00-6:30
Apr 5 5:00-6:30	Apr 6 4:30-6:00	Apr 7 5:00-6:30	Apr 8 4:30-6:00	Apr 9 5:00-6:30
Apr 12 5:00-6:30	Apr 13 4:30-6:00	Apr 14 5:00-6:30	Apr 15 4:30-6:00	Apr 16 5:00-6:30
Apr 19 5:00-6:30	Apr 20 4:30-6:00	Apr 21 5:00-6:30	Apr 22 4:30-6:00	Apr 23 5:00-6:30
Apr 26 5:00-6:30	Apr 27 4:30-6:00	Apr 28 5:00-6:30	Apr 29 4:30-6:00	Apr 30 5:00-6:30

LEVEL 1 PRACTICE SCHEDULE

- M/W/F: 3 days per week (dryland 1st 1/2 hr)
- Optional T/Th ONLY with Coach's permission



UPAC WINTER SESSION 2010 LEVEL 1 PRACTICE SCHEDULE

Updated 12/10/09

Watch email for future updates

MON	TUE	WED	THU	FRI
				Jan 1 5:00-6:00
Jan 4 5:00-6:00	Jan 5 5:00-6:00	Jan 6 5:00-6:00	Jan 7 5:00-6:00	Jan 8 5:00-6:00
Jan 11 5:00-6:00	Jan 12 5:00-6:00	Jan 13 5:00-6:00	Jan 14 5:00-6:00	Jan 15 5:00-6:00
Jan 18 no swim	Jan 19 5:00-6:00	Jan 20 5:00-6:00	Jan 21 5:00-6:00	Jan 22 5:00-6:00
Jan 25 5:00-6:00	Jan 26 5:00-6:00	Jan 27 5:00-6:00	Jan 28 no swim	Jan 29 5:00-6:00
Feb 1 5:00-6:00	Feb 2 5:00-6:00	Feb 3 5:00-6:00	Feb 4 5:00-6:00	Feb 5 5:00-6:00
Feb 8 5:00-6:00	Feb 9 5:00-6:00	Feb 10 5:00-6:00	Feb 11 5:00-6:00	Feb 12 5:00-6:00
Feb 15 no swim	Feb 16 5:00-6:00	Feb 17 5:00-6:00	Feb 18 5:00-6:00	Feb 19 5:00-6:00
Feb 22 5:00-6:00	Feb 23 5:00-6:00	Feb 24 5:00-6:00	Feb 25 5:00-6:00	Feb 26 5:00-6:00
Mar 1 5:00-6:00	Mar 2 5:00-6:00	Mar 3 5:00-6:00	Mar 4 5:00-6:00	Mar 5 5:00-6:00
Mar 8 5:00-6:00	Mar 9 5:00-6:00	Mar 10 5:00-6:00	Mar 11 5:00-6:00	Mar 12 5:00-6:00
Mar 15 5:00-6:00	Mar 16 5:00-6:00	Mar 17 5:00-6:00	Mar 18 5:00-6:00	Mar 19 5:00-6:00
Mar 22 5:00-6:00	Mar 23 5:00-6:00	Mar 24 5:00-6:00	Mar 25 5:00-6:00	Mar 26 5:00-6:00
Mar 29 5:00-6:00	Mar 30 5:00-6:00	Mar 31 5:00-6:00		
			Apr 1 5:00-6:00	Apr 2 5:00-6:00
Apr 5 5:00-6:00	Apr 6 5:00-6:00	Apr 7 5:00-6:00	Apr 8 5:00-6:00	Apr 9 5:00-6:00
Apr 12 5:00-6:00	Apr 13 5:00-6:00	Apr 14 5:00-6:00	Apr 15 5:00-6:00	Apr 16 5:00-6:00
Apr 19 5:00-6:00	Apr 20 5:00-6:00	Apr 21 5:00-6:00	Apr 22 5:00-6:00	Apr 23 5:00-6:00
Apr 26 5:00-6:00	Apr 27 5:00-6:00	Apr 28 5:00-6:00	Apr 29 5:00-6:00	Apr 30 5:00-6:00