WSY Swimming Practice Schedule 2008-2009

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
Weeks of 9/22-10/12 Age Group Levels Begin	4-6pm 6-7:30pm 7:30-8:45p	**Pre-Senior** **AGC** **AGB**	4-5:30pm 5:30-6:30pm 6:30-8:30pm	**AGC** **AGA** **Pre-Senior**	4-5:15pm 5:15-6:15pm 6:15-8:15pm	**AGB** **AGA** **Pre-Senior**	4-6pm 6-7pm 7-8:30pm	**Pre-Senior** **AGA** **AGC**	4-6:15p 4-6:15p 6:15-7:15pm 7:15-8:30	**National** **Senior** **TYM** **AGB**	6:30-8:30a	**SR/Nat**	12-2:15p 2:15-3:45p 3:45-5p 3:45-5:15p	**Sr/Nat** **Pre-Senior** **AGB** **AGC**
	At Messiah		**At Messiah**		**At Messiah**		**At Messiah**		**At Messiah**					
	6-8:30pm 6:45-8:45pm	**National** **Senior**	6-8:30pm 6:45-8:45pm	**National** **Senior**	6-8:30pm 6:45-8:45pm	**National** **Senior**	6-8:30pm 6:45-8:45pm	**National** **Senior**	6:15-8:15pm 6:15-7:45pm	**Pre-Senior** **AGC**			4:15-5:15p	**Just 4 Fun**
	22/29/6		23/30/7		24/1/8		25/2/9		26/3/10		27/4/11		28/5/12	
Week of 10/13-19	4-6pm **5:30-7pm** **7-8:15pm**	**Pre-Senior** **AGC** **AGB**	4-5:30pm 5:30-6:30pm 6:30-8:30pm	**AGC** **AGA** **Pre-Senior**	4-5:15pm 5:15-6:15pm 6:15-8:15pm	**AGB** **AGA** **Pre-Senior**	4-6pm 6-7pm 7-8:30pm	**Pre-Senior** **AGA** **AGC**	4-6:15p 6:15-7:15p 6:15-7:30p 7:30-9p 7:30-9p	**Senior** **Take UR Mark** **AGB** **Pre-Senior** **AGC**	6:30-8:30a	**SR/Nat**	12-2:15p	**Sr/Nat**
	At Messiah		**At Messiah**		**At Messiah**		**At Messiah**						**WSY Kick Off Classic at CV High School. No practice for other levels**	
	6-8:30pm 6:45-8:45pm	**National** **Senior**	6-8:30pm 6:45-8:45pm	**National** **Senior**	6-8:30pm 6:45-8:45pm	**National** **Senior**	6-8:30pm 6:45-8:45pm	**National** **Senior**					4:15-5:15p	**Just 4 Fun**
	13		14		15		16		No Messiah **17**		18		19	
Oct 20-Nov 23	4-6pm **5:30-7pm** **7-8:15pm**	**Pre-Senior** **AGC** **AGB**	4-5:30pm 5:30-6:30pm 6:30-8:30pm	**AGC** **AGA** **Pre-Senior**	4-5:15pm 5:15-6:15pm 6:15-8:15pm	**AGB** **AGA** **Pre-Senior**	4-6pm 6-7pm 7-8:30pm	**Pre-Senior** **AGA** **AGC**	4-6:15p 4-6:15p 6:15-7:15pm 7:15-8:30	**National** **Senior** **TYM** **AGB**	6:30-8:30a	**SR/Nat**	12-2:15p 2:15-3:45p 3:45-5p 3:45-5:15p	**Sr/Nat** **Pre-Senior** **AGB** **AGC**
	At Messiah		**At Messiah**		**At Messiah**		**At Messiah**		**At Messiah**					
	6-8:30pm 6:30-8:45pm	**National** **Senior**	6-8:30pm 6:30-8:45pm	**National** **Senior**	6-8:30pm 6:30-8:45pm	**National** **Senior**	6-8:30pm 6:30-8:45pm	**National** **Senior**	6:15-8:15pm 6:15-7:45pm	**Pre-Senior** **AGC**			4:15-5:15p	**Just 4 Fun**
Nov 24-30	4-6pm **5:30-7pm** **7-8:15pm**	**Pre-Senior** **AGC** **AGB**	4-5:30pm 5:30-6:30pm 6:30-8:30pm	**AGC** **AGA** **Pre-Senior**			**Thanksgiving No Practice for any Level**				6:30-8:30a	**SR/Nat**	12-2:15p 12-2:15p 2:15-3:45p 3:45-5p 3:45-5:15p 4-5pm	**National** **Seniors** **Pre-Senior** **AGB** **AGC** **Just 4 Fun**
	At Messiah		**At Messiah**											
	6-8:30pm 6:30-8:45pm	**National** **Senior**	6-8:30pm 6:30-8:45pm	**National** **Senior**	No Messiah **26**				No Messiah 28					