

**2008
Summer LC
Practice Schedule
Starts June 23rd**



	MON	TUES	WED	THURS	FRI	SAT
National, National Gold, & Senior Team	5:45- 8:30 am Waveny	5:45- 8:00 am YMCA	5:45- 8:30 am Waveny	5:45- 8:00 am YMCA	5:45- 8:30 am Waveny	7:00- 10 am Waveny

Gold Team	7:15- 8:15 am Waveny	DL 3:30- 3:55 pm 4:00- 5:00 pm YMCA	7:15- 8:15 am Waveny	DL 3:30- 3:55 pm 4:00- 5:00 pm YMCA	7:15- 8:15 am Waveny	9:00- 10 am YMCA
----------------------	----------------------------	---	----------------------------	---	----------------------------	------------------------

(Recommended Swimmers Attend At Least 2 Waveny Practices Per Week)

Caiman Clinic (2 – 2wk Sessions)	4:00- 5:00 pm YMCA		4:00- 5:00 pm YMCA		4:00- 5:00pm YMCA	
---	--------------------------	--	--------------------------	--	-------------------------	--