

Senior Swim Schedule Week of 8/11/08

**Monday – 6:00am-8:00am - South
8:30am – 10:30am - North**

**Tuesday -6:00am-8:00am – South - Weights
8:30am – 10:30am - North**

**Wednesday - 6:00am-8:00am – South
8:30am – 10:30am - North**

**Thursday - 6:00am-8:00am - South- Weights
8:30am – 10:30am - North**

**Friday – 6:00am-8:00am – South
8:30am – 10:30am - North**

Saturday – TBA

**Please Check with your HS Coach for the rest of the August
Practice Schedule.**