

# SQUAD TRAINING TIME SCHEDULE SEASON 2008/2009

OCT 22nd 2008 - FEB 5th 2009

MONDAY	
Pre Squad	EP 3:15-4:00pm
Mini Squad	EP 3:00-4:15pm
Junior Squad	EP 3:00-4:15pm      EP 4:20-5:50pm
Intermediate	EP 4:20-5:50pm
Development	EP 4:00-6:00pm

TUESDAY	
Adult Training	HS 6:15-7:30am
Mini Squad	HS 3:00-4:05pm      EP 4:30-5:45pm
Junior Squad	HS 6:15-7:30am      HS 3:00-4:05pm      EP 4:20-5:50pm
Intermediate	HS 6:15-7:30am      EP 4:00-5:50pm
Development	HS 6:15-7:30am      EP 4:00-6:00pm

WEDNESDAY	
Pre Squad	EP 3:15-4:00pm
Mini Squad	EP 3:00-4:15pm
Junior Squad	EP 3:00-4:15pm      EP 4:20-5:50pm
Intermediate	EP 4:00-5:50pm
Development	EP 4:00-6:00pm

THURSDAY	
Adult Training	HS 6:15-7:30am
Mini Squad	HS 3:00-4:05pm      EP 4:30-5:45pm
Junior Squad	HS 6:15-7:30am      HS 3:00-4:05pm      EP 4:20-5:50pm
Intermediate	HS 6:15-7:30am      EP 4:00-5:50pm
Development	HS 6:15-7:30am      EP 4:00-6:00pm

FRIDAY	
Pre Squad	EP 3:15-4:00pm
Mini Squad	EP 3:00-4:15pm
Junior Squad	EP 3:00-4:15pm      EP 4:20-5:50pm
Intermediate	EP 4:00-5:50pm
Development	EP 4:00-6:00pm

HS HIGH SCHOOL POOL  
EP ELEMENTARY POOL